How to make

MUSTARD PICKLES

—French Pickles, Cucumber, Chow Chow, Mustard, Catsup, Green Tomato Sauce—

These, and many other delightful recipes for Pickles, Sauces, Saveries, Sandwiches, Salads, Egg Dishes — are in our new Recipe Book.

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Colman-Keen (Canada) Limited
102 Amherst Street
MONTREAL 373

Keen's Mustard aids digestion

Bliss Carman Communes With the Gulls.

Wyatt McConnell, the well-known Canadian cartoonist, made the above sketch of Bliss Carman from the deck of a Canadian Pacific coastal vessel when they were crossing together from Victoria to Vancouver. The latter is a lover of the great outdoors, and much of his time is spent in the Rockies and near the Coast. Here he is on the Trail Riders of the Canadian Rockies whose annual ride just ended took place this month.

Word from the Moccasin Trail.

To the land of the Abenakis—
To the rivers and hills of the East—
An Indian spirit sends greeting
To the great Trail Riders' feast.

Afoot and alone with peril
We went with arrow and bow,
Mounted, unarmed and jostling,
In safety at once you go.

Little enough was our learning,
Small was our craft and skill,
But we saw the feet of the morning
Go by—and our hearts were still.

We shaped the canoe and the paddle
We fashioned the snowshoe frame
And the Great Spirit was with us,
As we kindled the council flame.

You have circled the earth with your knowledge,
Your magic is more and more,
Yet must you heed our wisdom—
The truth of the wilderness lore.

You ride to make good our beginnings,
Our trails to keep clear and extend,
Guarding the lodge and the campfire
In peace at sundown's end.

So, over all we are tribesmen,
By the law that does not swerve—
At home in the tent of the open,
On call through the Great Reserve.

We lift you the friendly signal,
We send you our sign on the air,
Look East for our smoke at evening,
And say, "Our brothers are there."

May no foot want for a stirrup,
No prayer nor adventure fail,
And the Master Guide go with you
In the world from the Moccasin Trail.

—BLISS CARMAN.

Haines Falls, N.Y.,
July, 1924.

Fishing is still a safe and pleasant pastime, but the jug of fish-bait has become more dangerous than ever.

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CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto

For references—Head Office, Toronto Bank of Montreal, or your local banker. Established for over thirty years.

Old Manuscripts Yield Early Kitchen Secrets

By Elizabeth Craig

There are few homes in England where some sort of old manuscript cookery book is not cherished. But seldom do you come across such a one as I did in an antique establishment in Margate. Bound in faded, age-stained, brown leather, it has "Receipt Book" printed in clear, black hand-writing across the centre of the front cover with the date, 1789, below, and the initials "H. D." underneath the date. On the inside of the cover, which has an old-fashioned printed notice of one "Humphrey Simmons, stationer, at the White Bear, the corner of Warwick Court, Holborn," is written "Harriot Davison," no doubt the name of the owner of the book.

As I tried over Harriot's recipes I often wondered why such a relic of housewifery should have been allowed to go out of the family. And yet I am selfish enough to be glad that what has been some family's loss has been my gain. Some of the old recipes are printed below:

Vegetable and Fruit Soup.

Peel and wash well four dozen sticks of rhubarb, blanch in water three or four minutes, and after draining place rhubarb in a stew-pan with two sliced onions, one carrot, one tablespoon lean chopped ham, one tablespoon butter. Stew gently over a slow fire till tender, then add two quarts of good stock, two or three tablespoons breadcrumbs. Simmer about an hour and a quarter, skim off all fat, season with salt and pepper, rub through a hair sieve and serve with dried bread.

Plum Pottage.

Boil a hock joint of beef in two gallons of water for one hour and a quarter. Then strain and skim it and set it again on the fire with the round of a thigh of veal. Crush a pound loaf of bread, put it in a bowl and pour over it about one pint of the boiling soup and let it stand covered until soft. Beat it with a spoon till smooth and put it into the stock. Add one pound currants, washed and dried; one pound of seeded raisins and one-half pound of prunes. Boil all together for fifteen minutes, then put the veal in the middle of the dish, pour the soup about it and serve.

Finkadella.

Pound, after mincing well, eight ounces of lean beef with a small piece of butter. Add five ounces of suet, finely minced, then soak some bread in thin cream mixed with some weak beef stock—about a half slice thickly cut will do, as the mixture of bread and stock should look like thick batter sauce—and add mixture to the pounded meat along with pepper and salt to taste, and a little sifted onion. Lastly stir out gradually in make round balls of the whole and boil them three-quarters of an hour in weak soup.

Everlasting Syllabubs.

Mix a pint of thick cream, one-half pound of fine sugar, three-quarters of a pint rhein wine in a deep pan. Put to it the grated peel and the juice of three lemons, beat or whisk a half hour. Keep taking off the top with a spoon. Pile it in glasses, sprinkle a few barleequin sugar plums on top. Substitute for the sugar plums chopped marron glace or other glace fruit.

Caste.

The man whose costly radio set
Enables him with ease to get
The programs form some distant place
Without of static roar a trace
Looks down with supercilious sneer
Upon the chap who cannot hear
A sound from stations farther, say,
Than fifteen hundred miles away.
This man, in turn, regards with scorn
The common person, lowly born,
Whose limit with his radio
Is fifty dinky miles or so;
While both of these, with uppish eye,
Will pass the mere plebeian by
Whose set, a cheap and homemade thing
Of wire and wood and tin and string,
Can only tap the atmosphere
For concert stuff absurdly near.
And thus is formed, by Fate's decree,
A radio aristocracy,
A middle class and peasantry.

—A. H. Folwell.

Is Music a Language?

"Programme music" has become so much the mode, music which dismisses that "beauty" of the kind that might be called classic," that it is interesting to read an expression from Mendelssohn—who probably surpassed all others in the balance of the classic and romantic spirits in music—in a letter written by a young poet, to the composer, asking if he had succeeded in embodying the sentiments of certain of his compositions in a set of poems written for this purpose.

"You give the various numbers of the book such titles as 'I think of Thee,' 'Melancholy,' 'The Praise of God,' 'A Merry Hunt.' I can scarcely say whether I thought of these or other things while composing the music. Another might find 'I Think of Thee' where you find 'Melancholy,' and a real huntsman might consider 'A Merry Hunt' a veritable 'Praise of God.' But this is not because, as you think, music is vague. On the contrary, I believe that musical expression is altogether too definite, that it reaches regions and dwells in them whither words can not follow it and must necessarily go lame when they make the attempt as you would have them do."

Vision.

I thought of wind-flowers and their grace.
She stood so meekly proud;
Her half thin-spread against the leaves
Turned round her like a cloud.

She was the strangest fairest thing
I ever looked upon—
As lovely as a curling wave,
And as quickly gone.

—Anne Atwool Dodge.

Minard's Liniment for Corns and Warts

EARL HAIG AS ENGINE DRIVER

When Field Marshal Earl Haig crossed the Canadian Rockies on the special Canadian National Railways train he expressed a wish to view the scenery from the cab of the engine rather than from the observation car which was attached to his train. He therefore took the throttle of the locomotive at Blue River and drove his own engine for several miles. Upper photograph shows him aboard the engine of his special while below he is shown with Countess Haig, looking out toward Mount Robson, the highest peak in the Canadian Rockies.—C.N.R. Photos.

A Plea for More Birds.

If there were no other argument for the conservation of our wild bird life than the one demanding economic administration of national affairs concerning them, I would be perfectly satisfied that the cause of the birds would win in any court in Christendom. So sure am I of the reasonableness of the growing boys and girls who are about to step out into life to undertake its conquest, that I believe all they need is to have a moment's time given them for consideration of the value of enlistment in the army of conservation and construction, that declares its purpose to be to save rather than to waste, when they will commend the economic activity in which they are urged to take part and thus keep the wolf away from the door for all time to come.

Protection from invasion by insect hordes is the agriculturist's only hope. The natural enemy of all insect life is the bird life with which we were once so generously surrounded. When we consider that this country now exists upon about ten per cent. of the bird life that was here less than 450 years ago, it does not seem as though it ought to be necessary to urge measures to build rather than to tear down does it?

I wonder how many ever stopped to think that if the entire bird life of the world were to be destroyed the vegetation upon which we depend wholly for life would be eaten in about three years. So rapidly do insects multiply that one is unable to grasp the enormity of the figures setting forth the truth. For instance, let me take one instance in which Riley says that the hop aphis develops thirteen generations in a year, and at the end of the twelfth generation there will be ten sextillions of individuals. The American naturalist, Forbush, says: "If this brood were marshaled into line, ten to the inch, it would extend to a point so sunk in the profundity of space that light from the head of the procession traveling at the rate of 184,600 miles per second would require 2,500 years in which to reach the earth!"

Insects destroy more than $1,000,000,000 worth of fruit and cereals every year. Birds eat insects!

A bird in the bush sings sweeter than two birds on a woman's bonnet.—Charles G. Plummer.

Touched the Traffic Officer.

A woman driver whose car ran out of gasoline in front of a Cleveland (O.) traffic officer borrowed money from him to get more gas.

Blind Girl Stenographers.

Two blind girl stenographers are employed in the offices of the British ministry of pensions.

My Dog.

I have no dog, but it must be
Somewhere there's one belong to me,—
A little chap with wagging tail
And dark brown eyes that never quail,
But look you thro' and thro' and thro'
With love unspeakable, but true.

Somewhere it must be, I opine,
There's a little dog of mine
With cold black nose that snuffs around
In search of what things may be found
In pocket or some nook hard by,
Where I have hid them from his eye.

Somewhere my doggie pulls and tugs
The fringes of rebellious rugs,
Or with the mischief of the pup,
Chews all my shoes and slippers up
And when he's done it to the core
With eyes all eager pleads for more.

Somewhere upon his hinder legs
My little doggie sits and begs,
And in a wistful minor tone,
Pleads for the pleasure of the bone.
I pray it may be his owner's whim
To yield and grant the same to him!

Somewhere a little dog doth wait
It may be by some garden gate,
With eyes alert and tail attent—
You know the kind of tail that's meant,—
With stores of yelps of glad delight
To bid me welcome home at night.

—John Kendrick Bangs.

SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

An Artificial Resin.

French chemists have developed an artificial resin from which panels for radio sets are to be made.

Parrots Menaced.

Magnificent parrots peculiar to certain of the Lesser Antilles are threatened with extinction.

THE MERCHANTS' CORNER

Cultivating a Preference for Your Goods.

Every purchase is made as the result of desire. The desire may be to satisfy an actual need—acquire a necessity to go without which is hardship. Or, it may be a desire to satisfy convenience, comfort, pride, pleasure in a luxury, or any of a score of impulses.

Mighty few purchases are made on the spur of the moment. The desire that finally crystalized into the action of buying may have existed for days, weeks, months, even years. Desire for this thing struggles with desire for that thing. Surplus money is so little that desires can be satisfied only one at a time in the case of most people. Choice must be made—many desires must wait for realization.

Preference for your merchandise, therefore, must be cultivated. It is up to you to do that cultivating. Competition in desire comes before competition in stocks, in price, in service. It is not competition with fellow merchants in your line that is the big competition. The big competition is in desire for ten thousand things you do not sell. Your problem is to have desire for your goods stronger than desire for the goods of others—to cultivate preference for your merchandise.

Cultivation requires work and time. It requires constant effort. It requires systematic planning and systematic execution.

All people have desires. All people have some surplus money that is not spent for vital necessities. All people buy some things you sell. The public as a whole is your sales territory.

You do not know who will buy, or what, or when. You do know that the more interest you can get everyone to take in your merchandise, the more general you can make desire for it preferred, the more sales you will make. Such general desire can not be aroused or maintained unless you are reaching all the people all the time, in a way that is agreeable to them, with interesting messages about your goods.

Advertising is cultivating preference for your goods.

A Bird Falls.

A hunter fired a gun with telling skill,
His mark a bird, which fluttered to a mound,
Rolled o'er and died without complaint or sound,
A flirt of feathers and an open bill
The relic of this speck of life, a thrill
The less on earth, where cruel lusts abound,
A tiny bit of energy aground,
A gem to beauty lost, a voice now still.
Yet Truth and Beauty will reflect their light
Until the heedless are a vanquished throng,
And blood lust shall no more the world benight,
When men who kill for sport shall sense the wrong,
And know the shot that stops the finch's flight
Kills not a bird, but more—a Song.

—The Critic.

A Marriage Misfit.

A Frenchman, whose bride has failed to preserve after marriage the glamour of courtship days, has brought an action for damages against her parents. He claims compensation on the ground that they "deceived him as to the qualities of his wife."

A further point in the case for this disappointed husband is the statement that, "contrary to the information given to him before marriage, the family into which he married contains some most undesirable characters."

Marriage seems to be much the same in France as in Canada—only Canadian husbands don't make a song about it!

BLEMISHES OF THE SKIN

Are Proof the Blood is in a Weak and Watery Condition.

One of the surest signs that the blood is out of order are the pimples and unsightly eruptions that break out on the face or body. The same condition is indicated by an attack of eczema or scrofula. You cannot get rid of these troubles by the use of purgative medicines, as so many people try to do. Purgatives merely gallop through the system and leave it still weaker. What is needed when the blood is shown to be out of order is a tonic which will restore its missing elements and leave the blood rich and red. For this purpose there is no other tonic can equal Dr. Williams' Pink Pills, every dose of which helps enrich the blood, drives out impurities, and brings a new feeling of health and energy. Mrs. R. E. Bishop, Hawthorne Ave., Hamilton, Ont., tells for the benefit of others what these pills did for her. She says:—"I was suffering terribly from scrofula. I doctored with several doctors, but without success. My complexion was sallow, I had no strength, feeling very weak and languid. My neck was full of lumps called scrofula, and at times they were very painful. After trying several so-called blood medicines, Dr. Williams' Pink Pills were recommended to me and I got half a dozen boxes. After taking them I found a decided improvement in my appearance, and to my joy the lumps were disappearing from my neck. I persevered in the treatment, and finally the only sign left of the trouble was a scar on my neck where one of the swellings broke. Since that time I have been in robust health and cheerfully recommend Dr. Williams' Pink Pills to any suffering from impure blood."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Frozen Flowers.

The flower trade has entered on a new phase as the result of a recent experiment, which proves that cut blooms can be carried in cold storage. This may come to mean that cut flowers can be had all the year round in much greater variety and at cheaper prices than at present.

Considerable interest was taken in the experiment, which was entirely successful. The flowers selected for the "trial trip" were peonies grown in Montreal. They were packed in containers and placed in cold storage on a liner, and were in splendid condition when they reached London. They had not suffered by the journey in any way.

It is stated that the flowers were kept during the voyage at a temperature varying with the humidity of the atmosphere. For the best results a temperature below 40 deg. Fahr. is required.

At first the blooms carried in cold storage may be of the rarer and more expensive kinds, but in course of time "frozen" flowers may become as democratic as chilled beef. But where will be the thrill of the first "harbingers of spring" when we have flowers in abundance all the year round? Progress does have its disadvantages.

Puppy Love—That's All.

"That girl's leading him a dog's life."

"Puppy love—that's all."

Minard's Liniment for Burns.

One portion of the human body—the crystalline lens of the eye—continues to increase in size throughout life, and does not cease with the attainment of maturity.

EXCELLENT OPPORTUNITY

for making a splendid income by becoming our representative in your town to take orders for the fast and easy-selling RADIO PACK, "a hot water bag without hot water." For particulars of our very attractive proposition, write us. Marks, Merritt & Co., 1 Elgin St. East Toronto 5.

ISSUE No. 34—'25.

A tea your grocer recommends is usually good tea

RED ROSE TEA "a good tea"

And most grocers recommend it. 62

Just Words.

Mrs. Mary Austin, in her recent book, Everyman's Genius, declares: "Few people will stop to the prevalent craze for the crossword puzzle as a device of the deepsea to provide them with a larger English vocabulary which to deliver the rapidly ripening fruit of social experience, but I have no doubt that this will prove to be the case."

The shallow-selves of the casual reader and the ardent puzzle-fan hardly accept such a profound and serious explanation of their enjoyment of a clever diversion. But they will certainly not deny the extension of their vocabulary; not only in the addition of new words, unfamiliar variants of old ones, terms of chemistry, botany, zoology and other sciences, but by the inclusion of mythological and historical names and scraps of foreign languages.

"Does there remain a thin-skinned, I wonder," humorously inquired the puzzle-solver recently, "any human being who sees a newspaper and wields a pencil who has not some quaintance with the sun and the goddess of dawn, the god of mischief, Og, king of Bashan, and Gog, co-giant with Magog, etc., etc.?"

Another puzzle-worker, a friend of his wife and who delights to exercise his puzzling, challenges them to produce, hand, twenty-five of her most required words, "free of all words, preferring to think or choose, but perfectly good words." If you can do this you are a weed puzzles, you probably know the also. If not—do you?

Although certain perfectly good for use when you meet them, they are scarcely such as you would like to use very often, but here they are:

Alb, ai, kea, em, ell, ort, ret, ot, ob, os, alb, om, ey, ave, ele, awn, dulse, cam, ta, roa, pa, awn, paca, rac.

Manganese has never been mined to any extent in Canada, but during 1924 shipments are estimated to reach, valued at $4,083 were made from the Province of New Brunswick and the Province of Quebec.

Minard's Liniment for Aches and Pains.

A snake's fang is not a sort of tooth, and when the snake strikes anything the press of the tooth against the gland above forces the poison through the tooth into the wound the fang has made.

Edge-Holding Saving Fast-Easy Cutting

SIMONDS SAWS

SIMONDS CANADA SAW CO. LTD.
1850 DUNDAS ST. TORONTO
MONTREAL VANCOUVER ST. JOHN

Cord Wood Saw Users

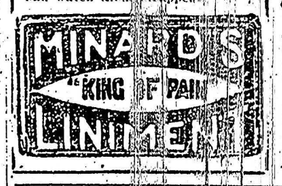
Write Simonds Canada Saw Co. Limited, 1550 Dundas St. West, Toronto, Ontario, for prices on Simonds Grecian Circular Cord Wood Saw

To Gain Weight

We guarantee Bio-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and restore ambition in tired-out people. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

For Warts

Apply Minard's freely night and morning and watch them disappear.



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LOWEST PRICES HIGHEST QUALITY. Enquire about our Fortune Pedigree. Silverman Fur Farm, Summerside, Prince Edward Island.

Maxims by One Who Made Them.

Let every one attend to his own business and to the duties of his office; they will then be better discharged.

Let religious sects be carefully extirpated as soon as they spring up; it might be too late afterward.

Endeavor to acquire a perfect knowledge of the rules of civility and politeness; there tend to maintain concord.

Avoid slander and abstain from malicious accusations.

Let those who cultivate the earth and breed silkworms be esteemed and respected; you will then want neither grain for your nourishment nor clothing to cover you.—Confucius.

Minard's Liniment for Dandruff.

Over-gushing Hostess—"Such a dear man the new vicar is so outspoken. In his sermon last Sunday he reburied the Devil most severely."

MURINE FOR YOUR EYES

You Cannot Buy New Eyes

But you can Promote a Clean, Healthy Condition

Use Murine Eye Remedy "Night and Morning."

Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

HARD PIMPLES ALL OVER FACE

For About Three Years. Healed by Cuticura.

"I had trouble with pimples and blackheads for about three years. The pimples were scattered all over my face and were hard and red. They itched and burned and the scratching me to scratch and the scratching caused eruptions. My face looked so badly that I was ashamed to go out.

"I began using Cuticura Soap and Ointment and they helped me. I continued the treatment and in two months I was completely healed." (Signed) Miss Helen Bydnik, R. 1, Box 11, Necedah, Wis. Sept. 27, 1924.

Rely on Cuticura Soap, Ointment and Talcum to keep your skin clear.

Sample Each Free by Mail. Address Depot: "Cuticura, Ltd., Montreal." Price 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you like. It will help any one." Mrs. Hazel Westwood, 643 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

BAYER

Genuine

ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache Pain | Neuralgia Toothache | Colds Neuritis | Lumbago Rheumatism

Safe

Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100. Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. (A.S.A.) We wish to state that Aspirin means the Bayer manufacture of Acetylsalicylicacid. To assist the public against substitution, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."