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# "SALADA" TEA

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JACKET SUIT WINS.

A printed cashmere jersey in Paton's green tones, with tuck of beige wool jersey, is outstandingly chic for the college miss, high school girl or business woman. Style No. 712 is one of the smartest jacket suits of the season. The skirt is box-plaited across front; and attached to pointed shape that secures flat hips. The belt shows raised waistline, newest fashion. The blouse is double breasted with rolled shawl collar. The jacket is colorless with fitted sleeves and pointed pockets.

It is designed in sizes 16, 18, 20 years, 32, 34, 36 and 42 inches bust. It will add much interest to your wardrobe for all smart women who are choosing jacket suit for sports and general daytime occasions.

P is stunning for more formal wear made of black velvet with blouse in eggshell shade satin crepe. Plush shade in sheer tweed with matching silk crepe blouse, and pale green silk crepe with beige are chic.

**HOW TO ORDER PATTERNS**  
Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20¢ in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelphi St., Toronto. Patterns sent by an early mail.

#### ON BEING LUCKY

"Well, he's lucky," you hear some say when a salesmen has a record which attracts attention. What is luck, then, and what are the rules of luck? Success is not altogether the result of chance. This thing of luck or success can be nurtured and assisted along, and usually is. Some like to believe that luck is simply lounging outside the gate of Fortune waiting for it to swing wide. Others do better, and press forward. They don't wait, but advance and profit by their boldness. Luck or ill-luck is wisdom and laziness.

Sometimes a man talks in his sleep because it is the only chance he gets.



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# On Wings of Wireless

by ARTHUR B. REEVE

## CHAPTER I THE RADIO DANCE

"Ruth worries me!" Mrs. Kenmore Walden drew Guy Garrick toward the quiet end of the Nonantucket Country Club. "John did not need to affect interest for Ruth Walden was far and away the most interesting problem of the Country Club set. Of late years Garrick had grown to be counselor and confidant to all the girls to which North Shore society was heir. Mrs. Walden smiled abstractedly. She was one of those stunning women of today whom one confuses with their daughters.

"She says that I betray my infidelity complex when I say it—that what I really mean is not that Ruth worries me, but youth worries me—what I don't understand about today. I may have understood young people in the days of the Flordora sextette—but I don't understand them now—and that's what really worries me."

"No one would believe you could have a daughter old enough to worry you, Nita," declared Garrick in unaffected admiration. "But tell me what you couldn't say over the telephone when you got me up last this morning."

"I suppose you've heard all about the first Radio Dance last night over at Beliveau Lounge—you know the Gerard place at Gildfield?"

Garrick nodded.

"Well, you know how young Glen Buckley got the Gerard's to put in a wireless outfit—had Professor Vario from the big Radio Central Station at Rock Ridge to help him install it. At least that's what Glen said. The truth was, of course, that Professor Vario had to do all the work. Glen just messes around with it; he's acquired the lingo—but I guess that's about all."

Garrick smiled at the characterization and Mrs. Walden burst out. Then the young folk got up dancing to celebrate the installation. No and behold, they had scarcely started when that awful thunder shower you remember last night? They stopped abruptly, from the Connecticut shore. That stopped the wireless.

"Yes . . . static . . . jazzed the radio jazz," he said slowly and it should be thoroughly believed before it is swallowed down with drink before it is mastered! There is no objection to the use of beverages in moderation with meals, but they should be taken when the mouth is empty.

Moderation at all times! That is how to eat!

Questions concerning Health addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

## How to Eat

We are very often told how to eat and how important it is that our meals consist of a variety of foods. The proper selection of foods is the first item to be considered, and the next is to eat food in the right way after it has been selected. The following suggestions are made to cover the important subject of How to Eat.

Moderation should be practiced at all times. It is harmful to overeat, even of the proper foods. Excess does harm; it throws an unreasonable strain on the body, and so tends to wear it out early. Premature old age is the common result of neglect of the watchword: "moderation."

Meals should be eaten in a quiet, restful manner. Food is not readily digested when the body is tired, or when the individual is worried or angry. A rest before meals is recommended to overcome body fatigue. Arguments of scoldings should never be carried on at meal-time. Active exercise should not be taken immediately after eating. Exercise is needed by the body, but so is rest, and one of the times when comparative rest is required by the body is after eating.

This same idea of rest is the reason why meals should be eaten regularly.

The number of meals and the hour is a matter of individual preference and custom.

When meals are eaten irregularly, or when food is taken between meals, the digestive system is not given the periods of rest which it requires if it is to do its work properly. Eating between meals should be avoided. The person who requires extra nourishment should take it regularly.

Nature has provided means for the mastication of food. Food should be eaten slowly and it should be thoroughly chewed before it is swallowed down with drink before it is mastered!

There is no objection to the use of beverages in moderation with meals, but they should be taken when the mouth is empty.

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## And So —

### There Was Light

On October 21, 1917, a small group of laboratory helpers were gathered around Thomas A. Edison in his laboratory at Menlo Park, New Jersey, some 25 miles southwest of New York City.

"Mayhe this is the light that will prove successful!" said one of them, as he proceeded to the next of the ready mounting into the thousand experiments that had gone into the "won't work" class. He turned a piece of cotton sewing thread, bent into a hirise loop and carefully inserted the loop into a glass globe. As it was sealed in, the air was pumped out of the globe making a vacuum inside.

"This done, the globe and its seal in thread was put on the electric circuit. The men's faces lighted up, but their eager many times before had been replaced by dogged disappointment.

But now, their faces were radiant. A stoic smile crept over Edison's face as the thread reddened with the first flush of "juice," then burst into a sphere of red-orange light.

They watched with bated breath.

"How long would it last?" They kept burning beyond the 15 minutes, then gathered to it like bees to long-sought nectar. 16 minutes, then now 18, 20—25 and 30! Could this be the problem upon which they had been working for months, almost day and night, with four or five hours of sleep snatched after the midnight suppers, was to be solved before their eyes?

As the burning time of the red-orange thread inside the glass lengthened from minutes into hours, the men around the light of the 32-year-old inventor was the center, realized that here was the key to the 24-hour bulb.

"But, it'll last ten hours," said one. "I'll bet it'll last 20 hours," replied another enthusiastically. "I hope you're right," said Edison quietly as the most sanguine of the men plaited his wister.

The historic lamp, more powerful than Aladdin's, continued to throw its 16 candle power beams into the room for 40 hours! They all watched to the end—and the end was not yet.

## LOVE OF GOD

The love of God is like a flame that burns away all earthly pain. It gives our soul a second birth; it renews our thoughts of worth.

The love of God has still the power to lighten every passing hour. The Christian's heart is an altar where God's pure love will burn and live.

—Jean

## Papa and Mama "National Emblems" Preparing for Winter



THERE'S A GOOD LESSON TAUGHT BY BEAVERS  
An artist's sketch of the Canadian beaver at work. The beaver is a fine example for modern youth; he works quietly without fuss or excitement but with a persistency which accomplishes wonders.

## John Peel

Everybody knew John Peel. The song has carried his name round the world. But so have the "Picklewick Papers" carried the name of Mr. Picklewick. Both, in one sense, are very real and familiar figures. Both, in another sense, are legendary. Posterity may argue furiously whether Mr. Picklewick ever lived in the flesh. There may even be some among us to-day who will be surprised to learn that John Peel and his wife and his son gay had an actual existence on earth.

Such, however, is the fact, and signs were this year made to celebrate his memory. John Peel was born in 1776 and died in 1854; he hunted and drank and hunted, among the Cumberland fells all his life; and at the recent commemoration of his own fiftieth anniversary he was seen meaning less, for John Peel lives to-day rigorously than when he ran his bounds on \$200 a year.

## Separation

One of our children, a boy, recently took a trip through the jungle, trying to find out what was happening to various tribes getting along. Here is a report to the General Superintendent of the Children's Department.

"It has been a great pleasure to visit the Jesuit missions of our children and find so many comfortable homes. Many of the children were taken from their parents, and I think it would be better if we could have some of the children and their parents do not go to the agents calling and marketing them. Then the children would be able to look after themselves and have a better life.

"We have a great number of children who are very poor, but we are doing our best to help them.

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