

# Try this salad dressing...



it keeps for weeks!

KRAFT Salad Dressing is so thoroughly blended, it will keep for weeks. It stays good right down to the fast tangy teaspoon.

Best of all, it costs just one-half the price you're used to paying. A generous 12 ounce jar sells for only 25 cents. Get some today.

## KRAFT Salad Dressing

Made in Canada by the Makers of Kraft Cheese and Velveta

### "I'm Glad You're My Mother"

Mrs. W. B. Bailey  
"Mother, did you see that woman ahead of us down on Ontario Avenue jerk her little girl along and tell her to 'shut up'?"  
"Yes, I did, Jerry, and I felt sorry for both of them."  
"For both of them? Why I just felt sorry for the little girl. I wonder what she was crying about?"  
Jerry and his mother were resting on the lawn under their favorite tree after their trip to town. Although only six years old, Jerry was learning to think reflectively.  
Both were silent for a while, then the boy continued, "You wouldn't have done that way if something had bothered me until I cried, would you?"  
"I hope not, Son, but a mother gets quite nervous and upset sometimes. What do you think I should have done?"  
"Well, I believe you Jerry boy, said, 'What's the trouble, Jerry, you can't you stop crying and tell me about it?' Then I'd have tried to stop and if I couldn't you would have stood still and talked it out with me. Then everything would have been all right. But I'm too big to cry on the street though... I'm sure glad you are my mother and that we can talk together the way you do."  
"That is sweet of you, Little Man, and I appreciate it very much. I'm

just as glad you see me when as you are that I am your mother."  
"I guess we are chums," the boy said as he smiled up at his mother. Then he scampered off to meet his dog.  
The mother sat wondering about the woman who had impressed her son so unfavorably. Why had she not tried to discover the source of the trouble and to remedy it instead of being so rude and unkind?  
"Why is it," she thought, "that mothers so often forget that children are persons and should be treated with respect? How humiliating to a little girl to be handled so roughly and spoken to so rudely in public!"  
"I wonder if the child will ever feel like going to her and talking over her troubles. Will she tell her mother they are chums and she is glad to be her little girl? Why I'd almost have halted traffic, I believe, if necessary to see what caused the child to be unhappy enough to cry like that. Why didn't the woman lead her gently to one side where they could have discussed the matter quietly until unhappiness was erased from the sweet young face? Then this child, too, could have said, 'I'm glad you're my mother.'" — Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

### Jan A. Komensky Peace Advocate

In 1628 the Protestants were finally expelled from Bohemia, and Komensky left his native land, never to return. He took refuge at Lesna, in Poland, where he began work again as a schoolmaster, and wrote his "Janua Linguarum," or "Gate of Languages." This book, written in Latin, remained in use as a school-book for nearly two centuries, and with later works, has kept his name alive amongst teachers to the present day. It comprised phrases on many subjects, written in Latin, French, German and Italian, and aimed at teaching languages and general information, at the same time and in an interesting way. It was a great innovation, but it was translated into twelve European languages, as well as into Turkish, Arabic and Persian. Evelyn in his "Diary" (1653-5) refers to it as one of the school-books of his son Richard.

While at Lesna, Komensky got into touch with a London merchant, Samuel Hartlib, who sympathized with his aims, and through whose influence he was invited to England. "See and weigh their noble and excellent designs."  
In response to the invitation which followed, Komensky came to London the next year, and was well received. The Long Parliament voted money for endowing three colleges at Chelsea, Winchester and the Savoy, where his methods of education could be applied. But the unsettled state of the country, then verging on civil war, prevented the development of the scheme, and Komensky left England in some disappointment. In a letter written from London he speaks of the great piety of the people, and how they take their Bibles to church, look up the texts, and repeat the sermons at home. Greek and Hebrew, he says are studied even by ladies, that they may understand the Bible better. And he was much struck by the rich literature and the number of books sold; remarking that there were not so many bookstalls at Frankfurt Fair as could be seen any day in London.

Of his own reception in London, he writes: "I live as a friend among friends; though not so many visit me as would do so if they knew that I could speak English, or if they had more confidence in their own Latin, or if they had not such a high opinion of me."  
Several years later, Milton, in the dedication to Hartlib of his tractate "Of Education," writes of a "person sent hither by some good Providence from a far country to be the occasion and incitement of great good to this Island," and later in the same letter he refers to Komensky's educational schemes: "What many modern Janus and Didactes, more than

ever I shall read, have profected."  
While in London, Komensky wrote a book, called "via Lucis," which treats of the way to bring about universal peace. As a means to this end he proposed the introduction of:  
1. Universal books  
2. Universal schools  
3. A universal college  
4. A universal language.  
— Jessie Mothersole, in "Czechoslovakia, The Land of an Unconquerable Ideal."

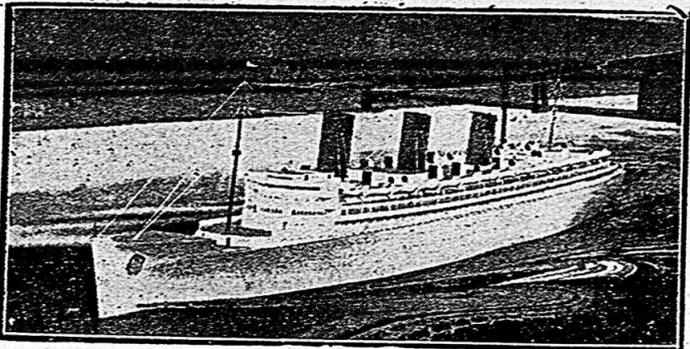
### Lilies For Dinner

A hungry Canadian workman would have something to eat if stewed dahlias were placed before him after a heavy morning's work, but in other lands, particularly east of Suez, flowers play an important part in the daily menu.  
In Madras and other parts of India, as well as in the wild regions of Afghanistan, flowers are cultivated for food, and in Southern India, where the population is mainly vegetarian, lotus jelly is considered a great delicacy. The petals of young flowers are soaked in a sugar solution, and boiled until they form a stiff paste, which is powdered with more sugar and moulded. But this is scarcely a dish for the Western palate.  
Straw cakes, made with blossoms, ghee and hazel sugar are popular in the North, and sold at a twopenny apiece. They lead to abdominal troubles, but, as the natives enjoy strange concoctions, they attribute subsequent ailments to Providence.  
Every visitor to Ceylon, however, should sample butter-blossom, which is boiled and flavored with cinnamon or cloves.

Food For the Florist's  
Chinese cook lilies in milk and eat candied jasmine, while Japanese have a keen appetite for flowers, a taste which is shared by the Egyptians, who serve rose-petal jelly, prepared with powdered sugar, water and singlating, at the end of a meal. In Morocco the coarse porridge is definitely improved when served with a jelly made from pomegranate flowers.  
In the West Indies, where exotic plants are as plentiful as cowslips at home, floriculture caters for the tables of all classes. A confection of banana blossom delights the natives, and resident Europeans have been known to express their appreciation.  
In Britain we make tea from stinging nettles, but have we thoroughly explored the possibilities of our countryside?

Emblems of Spring  
(From Harper's Magazine)  
When in the woods the small white trillium flower  
After long seasons of the snow and rain,  
Gleams in the dead moss, and a sudden hour  
Of light is in the storm-clouds, and again  
Birds make their nests under the southern eaves,  
And sun and hail are alternative in the sky,  
And the apple tree with blossoms hides its leaves,  
And night is tremulous with the marsh frog's cry—  
Then, by these signs, men know another spring  
Has come upon the land, and are content.

Winter is now a gone, forgotten thing  
As earth awakens to new merriment,  
Earth has no memory: the glad birds sing  
The song of last year's birds, who came and went.



The above photograph is of an 18-foot model of the new giant Cunarder now under construction at Clydebank, Scotland, in the yards of John Brown & Co. The model is shown floating in a specially built experimental tank in which Atlantic ocean conditions were reproduced in miniature. Wind and waves were artificially produced by mechanical devices to subject the model to severe tests. The new Cunarder will be the largest ship afloat, and will gross 73,000 tons. She will be 1018 feet long. Details of her construction which it is said will embody principles entirely new to ship building, are being jealously guarded. The picture above is the first to reach Canada of the model of the new Cunarder.

### Delectable Tobacco Contains Vitamins

Seeds of Plant Have High Food Value, Experimenters Say — Nicotine Absent in Tests

Washington.—The seeds of the tobacco plant have a high food value and include three of the essential vitamins in "reasonable abundance," according to the report of experiments conducted at Yale University. Tests on rats showed that any traces of the poisonous alkaloid, nicotine, cannot be demonstrated.  
Rats fed on a diet consisting of 59 per cent. tobacco seed grew at the average normal rate for 105 days and showed no ill effects. They ate the seed greedily.  
Thus, says the report, "there is reason to believe that tobacco seed contains proteins of good biological quality and that it includes at least vitamins A, B and G in reasonable abundance. No advantage seems to accrue from additions of a more complex salt mixture to this unusual ration. The further study of the nutritive factors of the tobacco seed is being prosecuted vigorously."

### Nicotine Absent

"It was noted during a preliminary study of the seed," the report continues, "that nicotine, while entirely absent from the unsprouted seed, was present in conspicuous amounts in the sprouts that develop in about 12 days when the seeds are scattered on blotting paper moistened with distilled water. It is evident that this alkaloid is synthesized very early in the life of the plant."  
The experimenters are trying to find out where the nicotine, a deadly poison in its pure state, comes from. Chemical analysis shows that the seed contains a high proportion of fat and a very low proportion of carbohydrates, thus somewhat resembling the soy bean and various oily nuts.  
A method has been devised, the report states, of extracting the protein content of the seed, and a study of its chemical properties now is under way. The investigators are especially interested in the various water-soluble substances which may be present in the alkaline content.  
Thus far they have demonstrated the presence of five bio-chemical substances—choleine, an alkaline substance found in the yolks of eggs; betaine, found in beets; adenine, a product of growing plant cells; arginine and guanine. But there is no trace of nicotine, the alkaloid peculiar to tobacco itself. Somehow or other it is created in the laboratory of the growing plant.

### Watercress Good

In connection with the chemical work, it is announced, an easy method has been found for the preparation of nicotine of high purity. The workers also isolated pure nicotine, a little known volatile alkaloid that accompanies nicotine in tobacco, but is quite different, chemically, from the poison itself.  
It is also reported that an abundance of vitamins E has been demonstrated in the leaves of watercress. Tests with rats indicate that the dried leaf of this plant is at least two or three times as rich in this essential constituent of diet as is the dried leaf of lettuce.

### A Refrain

"Te!" the tune his feet beat  
On the ground all day—  
Beak-burnt ground and green grass  
Scattered with rocks of grey—  
"England," "England," "England,"  
That one word they say.

Now they read the beech-mast  
Now the ploughlands clay,  
Now the fairy ball-room of her fields  
In May.  
Now her red June sorrel, now her new-turned hay,  
Now they keep the great road, now by sheep-path stray,  
Still it's "England," "England,"  
"England" all the way!  
—Arthur Shearley Cripps, in "Lyra Evangelistica."

### More Air Stamps

Countries all over the world continue to issue special stamps to pay postage on letters conveyed by air mail, while Great Britain refuses to entertain the idea of special air mail stamps. Luxembourg has issued a set of four stamps, beautifully engraved and printed, the denominations and colors being: 75c brown, 1 franc red, 1 1/4 franc purple, and 1 5/8 franc blue. They can only be used on air mail correspondence.  
Messrs. Whitfield King, of Ipswich, point out that the issuing of these stamps must be excellent propaganda in making the use of air mail a more popular method of despatching correspondence from one country to another.

SEND FOR THESE FREE BOOKS!  
If you have not received your copy of Infant Feeding, write together with our Baby Record Book to the attached coupon and they will be sent you free of all cost.  
Eagle Brand Condensed Milk  
The Borden Co. Ltd., C.W. 17  
115 George St., Toronto, Ontario.  
Write me free copies of your authoritative literature on Child Welfare.  
Name.....  
Address.....

### Friendly Animals

In the New York Hippodrome a short time ago a remarkable friend and a fine large boarhound, both belonging to Mr. George Power, the dog was in the habit of going regularly every morning to a butcher's shop close by the Hippodrome, where the butcher would give him a goodly parcel of bones and scraps of meat wrapped in brown paper. The dog would go straight home to the Hippodrome, lay the parcel down in front of the little elephant, and wait patiently until the young animal had turned out the contents on the floor. Not caring for meat, he would poke at it with his trunk disdainfully, and then take no further notice of it.  
This was the moment when the boarhound would come forward and take it all up again—bone by bone, and scrap by scrap—carry it all over to his own kennel, and then make a good breakfast at his ease. But he was never once known to attempt to eat it without first offering it to his little friend.  
Also, when he was given cake or biscuits, the dog would offer them first to the young elephant. But this was a different matter. Not a bit or scrap did the little elephant give back to his faithful friend. Once or twice, while watching them, I was amused to see the dog, after waiting patiently and watching the other's enjoyment, very cautiously put one paw forward as though to take a little bit of the dainty. But, at the first sign of such an action, the little elephant would lift up his trunk and his voice, and trumpet his very loud protest, and then the dog should try to get away. And then the funniest thing was to watch the dog's expression!  
Such a meek, apologetic, reproachful expression. As though to say, as he licked his lips, "Well, I think you might have let me have a taste!" — Ellen Velvin, in "From Jungle to Zoo."

### Winter Flying Is Now Made Feasible

A device by which flying can be made possible the year round in Canada and the northern United States without difficulties has been invented by R. G. Perry, vice-president of the Ottawa Flying Club. He exhibited it at a meeting of the Canadian section of the Society of Automotive Engineers at Toronto.  
The contrivance is constructed to be operated on land in runways of snow or ice and to provide protection against mud in the spring. It has been tested out in these conditions and found to be practical.  
A hydraulic jack was used for operating, and when the wheel was not in use it was placed in a shoe. The ski, as he illustrated it, was made to keep out of harm's way or to be lowered and the wheel placed in its pocket. In case of the craft getting stuck in the mud, the ski could be lowered partially, so that it touched the ground and assisted in pulling the machine out.

### Something New in Styles

The girls once wore their skirts quite short, and now they wear 'em long; The drug store cowboy's trousers Have pleats that look all wrong.

### Another authority describes a pessimist as a man who sits under the tree of prosperity and growls when the fruit falls on his head. But an optimist is one who, under similar circumstances, rubs his head and grabs the fruit.

### Good Bye Mr. Fly

They can't get away, once they touch Aeroxon. There's something in it that has an irresistible attraction for these household pests. A wider and longer ribbon provides a greater area, and the glue does not dry—good for 3 weeks' service.  
At drug, grocery and hardware stores.  
Sole Agents:  
NEWTON A. HILL,  
56 Front St. East, Toronto

### Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with York Hospital, New York City, offers a Three Years' Course of Training to Young Women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further particulars write or apply to the Superintendent.

### BABY'S OWN SOAP

When governors of the Ballymoney, Ireland, high schools recently advertised for a principal there were 60 applicants.  
"At every stage the British constitution has developed by making a new brick, placing a new step, removing some definite concrete obstacle." — Sir John Simon.

### Owl Laughs

Mother (to Johnny)—"Go to the store and get a pound of soda crackers."  
Johnny (on way to the store)—"Crackers, fire-crackers, giant crackers, torpedoes."  
Storekeeper—"What do you want, Johnny?"  
Johnny—"Give me a pound of torpedoes."  
Individuality  
The fiddler wishes he could sing. The writer longs to paint. The subject wishes to be king. The devil would be a saint; But wise is he who plods along And leaves the singer to his song.

### At the Circus

Cascades of music from the band—Ladies in gay attire—Wonders out of every land, And on a swinging wire, Like a white carnation upside-down, A girl in billows of tarlatan gown, Nimble and swift as a whirling top, Spins by as if she will never stop! I forget the giants, the pygmies too, And the Hindu eating fire, To watch this girl go wheeling through The air, on a silver wire! With a parasol made from a piece of sky, She swings and pirouettes, till I See a top in perfect gyre; Then a winsome girl with amber tress, And a smile as sweet as a soft caress, Folds a parasol blue as the bluest sky, Blows a kiss or two, and breathes good-bye!  
—Mary Florence Richardson.

### Wool Highest Prices Paid

The Canadian Wool Co. Ltd.  
2 Church St., Toronto

### for CORNS & WARTS

Remove dry skin. Dab on Minard's 3 times daily. Let it dry. After a while Corns and Warts lift right off.

### MINARD'S "KING OF PAIN" LINIMENT

Remove dry skin. Dab on Minard's 3 times daily. Let it dry. After a while Corns and Warts lift right off.

### Feen-a-mint

Remove dry skin. Dab on Minard's 3 times daily. Let it dry. After a while Corns and Warts lift right off.

### Acid Stomach Completely Relieved by Famous Vegetable Pills

Mr. Frank C. of Blackburn, writes: "I have suffered long from acid stomach and constipation, but since being advised to try your wonderful Carter's Little Liver Pills I can eat anything." Dr. Carter's Little Liver Pills are no ordinary laxative. They are ALL VEGETABLE and have a definite, valuable tonic action upon the liver. They end Constipation, Indigestion, Bloating, Headaches, Poor Complexion. All druggists. 25c & 75c red pkgs.

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56 Front St. East, Toronto

There is a duty on Tea now of four cents per pound and four percent Sales Tax. All imports of Tea now pay these extra charges, but—  
**We have not increased the price of RED ROSE TEA**  
We bear the loss  
So you can still buy the very best of Tea at the same price as before the duty was put on.  
T. H. ESTABROOKS Co. Ltd.—ST. JOHN, N.B.  
Montreal Toronto Winnipeg

"Knights" Meaford Flooring  
It's Good  
It's Even Better  
IT'S THE BEST  
The Knight Mfg. & Lbr. Co. Ltd., Meaford  
See your dealer  
Get our prices

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TWEEDLE'S BLOOD TESTED  
Barred and White Rocks, 10c; Leghorns 9c. Assorted chicks, 5c. Started chicks two weeks old, 2c more; express paid. Prompt delivery. \$10 lots or less. Valuable free catalogue. J. G. Tweedle, Ferguson, Ontario.  
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HEADACHES Ended by Kruschen  
"I was a martyr to headaches, with frequent attacks of dizziness affecting my vision. My occupation is a very sedentary one—a printer's reader. I gave Kruschen Salts a good trial, and from then onwards I seemed quite another person. The headaches disappeared and the dizziness, and the most wonderful thing to me is that I have gone back to weaker glasses, a lens which I had discarded some years ago as not being strong enough. I also suffered from bad circulation during the early mornings of winter. Now at 58 I can enjoy cold baths in the year round, enjoy and am content for my food, and am what I consider very fit—the sort of fitness that means living a joy." —(G. F.)  
Headaches can nearly always be traced to a disordered stomach or to partial constipation—a complaint many indeed, without suffering from without ever suspecting it. Kruschen Salts go right down to the root of the trouble and remove the cause by gently persuading the organs of elimination to function exactly as Nature intended they should.

TOOK PINKHAM MEDICINE  
"I was always tired and I had severe pain at my periods. Lydia E. Pinkham's Vegetable Compound helped me. I took it before my two children were born and I am taking it now at the change. I have also used Lydia E. Pinkham's Sanative Wash and found it a great relief for inflammation and for a discharge which bothered me."  
— Mrs. Caroline Dorry, 196 Head St., Simcoe, Ontario.  
98 out of 100 Women REPORT BENEFIT FROM Lydia E. Pinkham's Vegetable Compound  
ISSUE No. 27—31

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