

# healthful lunch for GROWING CHILDREN

Crisp crackers, toast or bread, and a tasty slice of golden Velveeta, Kraft's delicious cheese food, make an ideal lunch for growing children. For Velveeta contains all the nutritious elements of rich, whole milk. It is "digestible as milk itself."



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Made by the makers of Kraft Cheese and Kraft Salad Dressing

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The Knight Mfg. & Lbr. Co. Ltd., Meaford

**Recording Speeds Of Fast Trains**  
Indicators Keep Close Guard Against Bursts of Speed

London.—On the Continent of Europe it is a common practice to equip passenger locomotives with speed indicators to make certain that the speed limits are being observed and that no excessive bursts of speed are made by trains trying to make up for lost time, says the Daily Express.

One of the most successful speed indicators used is of the Flamand type, so called after its inventor, the chief designing engineer of the Eastern Railway of France.

This speed indicator not only shows the speed at which the locomotive is travelling from second to second, but also provides reliable data in the form of a chart record of the actual performance of any engine on which it is fitted, these logs being used for checking and research purposes.

The indicator and recorder consist of a semi-circular glass-covered speed scale with two movable hands, one operated mechanically and the other, painted red, which is movable from the outside as in the case of a barometer.

**Marked By Moving Pen**  
This second hand is set to mark the highest speed allowed, and the machine also includes a small clock with a single small hand making a complete revolution every ten minutes.

Below the indicator there is a recording mechanism by which the speed travelled is marked by a moving pen on a travelling roll of paper.

A vertical transmission shaft is fitted from the dials and recording pen through the footplate into a gear box, a further more slender transmission shaft connecting with another gear box fitted on a small bracket by the rear driving wheel of the engine.

Connection is also made with the connecting rod, and the mechanism is so fitted that four impulses are given during each revolution of the driving wheel.

**Measured Accurately**  
The speed is thus measured accurately to within a quarter of a revolution of the driving wheel, and the resulting chart of the run appears as an undulating line on a long strip of lined paper, with a separate trail for the time taken on the journey.

Several of the latest L.N.E.R. locomotives are being fitted with these speedometers and recorders for research purposes, but the usual method of ascertaining the speeds of express trains by closely watching the time taken in passing the small quarter-mile posts along the line-sides with the help of a stop watch is not likely to be superseded at present.

**Of Interest to All**  
This idea of eugenics touches every side of human life. There is no profession that it does not touch. Obviously it touches the lawyer, the sociologist, the economist, the clergyman. It is so lofty an idea that the less important subjects should use it as a touchstone to see whether the improvements of which they boast are really vital. This great ideal of improving the human race should become a part of every person's religion.—Irving Fisher.

**Potomac Poisoning Rare**  
We do not hear as much about potomac poisoning as we used to a few years ago. Not long ago every abdominal disturbance was called that, but potomac poisoning is really so rare that most physicians go through a lifetime of practice and never see a real case of it. A person with potomac poisoning has paralysis of the muscles of the eyes and inability to move the limbs. It usually kills the patient and if it does not kill him it leaves him permanently crippled.—Dr. Miles

**Peace and Civilization**  
London Referee (Cons.): If civilization means anything at all, it means peace and security for the nation and the individual; failure to secure these primary necessities of progress renders a release into the most hideous barbarism inevitable. And if the nations are to make peace and security safe for their peoples they must be prepared to look upon their old wars as but as incentives to future revenge but as eloquent pleas for friendship in the common cause of civilization.

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**Owl Laufs**  
Little Josie flew into the house one evening very late for the evening meal and hurried to her mother's chair.  
Little Josie—"Oh, mother, don't scold me, for I've had such a great disappointment. A horse fell down in the street and they said they were going to send for a horse doctor, so of course, I had to stay. And after I waited and waited he came, and oh, mother, what do you think? It was only a man!"

**How Times Have Changed**  
"You must wake and call me early. Call me early, mother dear. That was often said to mothers by the girls of yesterday."

But the girls now tell their mothers, "As they go out for a spin. You must wake up early, Mother. Someone's got to let me in."

And the next generation will be heard to tell about roughing it in the old days when a fellow had to feed the furnace by hand.

**Business Man** (after interviewing his daughter's suitor)—"I regret I cannot see my way to allow you to marry my daughter at present, but give me your name and address; then, if nothing better turns up in the near future, you may hear from us again."

**Neighbor**—"Has your wife made home happier since she went to cooking school?"  
Mr. Michael—"Much happier; we have both learned to deeply and properly appreciate plain, simple restaurant food."

The mother who spoils her child may be foolish but the mother who doesn't is unnatural. There was a time when a doctor couldn't figure much on success unless he was able to grow whiskers. Several exclusive tea rooms are now serving party weights with their meals to keep the sandwiches from blowing off the table. Every man should have a hobby, declares someone. Perhaps, but it is better to let your wife see you with her. The wise man never stops to argue with a sharp-tongued wife. He beats it. Some wise man says: "A hundred hurries to catch up where one hurries to get ahead."

Mrs. Huller—"Your husband looks like a brilliant man; I suppose he knows everything?"  
Mrs. Keeper—"Don't fool yourself. He doesn't even suspect anything."

**Caller**—"Does your husband get what he earns?"  
The Wife—"Yes; that's why we are always hard up."

**Police man** (to resident seated on doorstep at 2 a.m.)—"What's the matter? Lost your key?"  
Mr. Henpeck—"N-no; m-my nerve."

**Miller**—"That man is so honest he wouldn't steal a pin."  
Strauss—"I never thought much of the pin test. Try him with an umbrella."

**Old Ragson** (to son from Brushville, who recently returned from a long tour in his silver suit): "When I got back and looked in the mirror I thought I must be awfully tanned. But after I shaved and washed up I found it was just dirt."

**Maud and the Judge**  
Maud Muller on a summer day, Raked the meadow, sweet with hay. The judge who passed, exclaimed: "What fun!"  
Think what that hay is worth a ton."

**Carl**—"Honey, I'm knee-deep in love with you."  
Winifred—"All right, I'll put you on my wading list."

It's surprising, boys, how ignorant girls can be at times. "There isn't one of them who doesn't know what a kiss means, but they always insist on having it repeated. When everything is dull, it's good business for a scissors grinder."

**Play House to be Given To Princess Elizabeth**  
Most children, it would be almost safe to say, have at one time or another desired to "play house." It is, therefore, a fair assumption that the Princess Elizabeth is not immune from the desire. Next year she will be able to play house with a vengeance, for she is to be given one of her "very own." It is to be the gift of South Wales on her sixth birthday, and will be a miniature complete in every detail. There will be hot and cold water, fires, lights, a kitchen range—and even a telephone. In fact, as house agents' advertisements have it, "a modern residence, 4 rooms, hot and cold water, bath." The house has been designed by a Cardiff architect and built by a South Wales firm. All its fittings and furniture will also be made in South Wales.

**Busmen on Holiday Now To Go Flying**  
London Busmen, ignoring the popular idea that they go for bus rides on their days off, have taken to flying in their free time. They have formed a flying club with a subscription of sixpence a week. Circulars have been sent out to all the garages, and the omnibus company has consented to deduct sixpence a week from members' wages. There are already between 1,000 and 1,500 members, and with the money from subscriptions they are going to buy an airplane on the hire system and employ a day about twenty members will have lessons. In addition to flying, ground instruction, map-reading and rigging will be taught.

To the Islington, England, mother who gives birth to triplets between 12:01 and one p.m. on the opening day of "Civic Week" the city will present \$25,000; to the mother of twins born at that time the reward will be \$5,000. Ground rents are sometimes due to earthquakes.



MRS. LORING WOART BAILEY  
A resident of Halifax, Mrs. Bailey crossed the ocean from Liverpool to Halifax more than 83 years ago, landing in the seaport of Nova Scotia in the Commodore Cambria on January 16, 1848.

## An Easy Way To Save Clippings

Many women have discovered the value of saving articles clipped from newspapers and magazines. But the time and effort spent in laboriously pasting them into unwieldy scrapbooks, which later become white elephants, often seems to overbalance the worth of the articles. So after a few spasmodic efforts at scrapbooks, they give up and ruthlessly throw away that would prove of value if it were kept.

A simple way to keep articles culled from such sources is by means of individual or cross-reference folders, which may be had in various sizes for a few cents a dozen. A convenient size is 4 1/2 by 11 1/2 inches. Write plainly across the front what the folder contains. Clippings are just laid in these loose.

A suggestive list of folders is as follows: Recipes, interior decoration, flower garden, furniture, dressmaking, cleaning, sewing, mending, entertaining. Keep a pair of scissors in the living room and when reading have them at hand. Like everything else the value of the clipping habit depends a great deal on the systematic perseverance of the individual. It will not be necessary to read through carefully an article that is for use only in the future. For instance, one need not spend much time in July poring over suggestions for a Christmas dinner. Glance through them and make sure they will be of value; then cut out the article and slip it into its proper folder to await its day of usefulness.

To keep these folders, or supply houses carry what are called transfer cases; sometimes lawyers' transfer cases. These usually cost about \$2. But they are neat looking, strong and large enough to hold the cuttings of several years' reading—that is, if one is an ordinary clipper. If one prefers to make her own transfer case she can do so by covering a very heavy pasteboard or very light wooden box with wall paper or cretonne. In the case of a wooden box, fasten the cover on with hinges.

The transfer case must be kept in a place which is convenient both for filing the articles and for consulting them. The utility of the whole idea lies in having the "scrapbook" easily available. The clippings, all being loosely laid in the folders, may be thrown away at any time that their day of usefulness seems to be over, a decided advantage over the ordinary scrapbook.

A method for further taking care of new recipes has been found very satisfactory. After the recipe has been taken from the folder and tried out on the family appetite it can easily be thrown away if the verdict is against it. If, however, the family is in favor of having it again, it can then be pasted on a card and put in its place in the recipe filing case, which many housekeepers use. Sometimes the recipe will be for a small family or a single person, and for a large one. Or again, the recipe of opinion will be for a few alterations before it makes another public appearance. In these cases, when the recipe is finally adapted to one's particular need, copy it on a card in its corrected form before placing it in the file, without further trouble. This may where it will be ready for instant use sound like considerable labor to an already busy housewife but actually it is much easier than it sounds. It will save one the disappointment of searching in vain for some favorite recipe which has been carelessly tucked away somewhere and which refuses to come to light at the needed moment.

To illustrate this method, a pudding recipe, cut from a magazine, was tried by one housekeeper and received with loud acclaim by her hungry brood. But all decided that next time they would prefer "mother's own" special sauce to go with it. When the recipe was copied the original sauce was omitted and "mother's own" substituted. On another occasion the same housekeeper found what she thought would be a delicious menu for a home dinner. It proved, however, that the dessert was too heavy for her family after the prescribed first course. So in copying the menu she added another dessert more to their liking.

To housekeepers, to whom the drudgery and sameness of housework often get very irksome, an occasional visit to their box of clippings may prove full of inspiration as well as of useful ideas.—The Christian Science Monitor.

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## Studying Big Trees Fascinating Work

Some Interesting Facts Gleaned from Observations by American College

How big is a tree? This question may be variously answered according to species, age, and how the word "bigness" is applied. Information has been asked of the New York State College of Forestry at Syracuse, N.Y., by the Allegheny Forest Experiment Station with headquarters in Philadelphia as to the maximum diameters, heights and ages of many trees. Records of the college show some interesting facts:

While these maximum measurements are not sufficiently extensive to be conclusive, they show that the largest tree in diameter is a chestnut which measured 120 inches or 10 feet through. The smallest diameter in the list of maximum measurements is 7 inches for fire cherry. The age of this tree was 40 years and its height 45 feet. The oldest tree was an Eastern hemlock 550 years old. This tree was 48 inches in thickness and 125 feet high. The tallest tree was an Eastern white pine, 220 feet in height. This tree was 350 years old but only 72 inches in diameter. A white oak 590 years old, 100 feet in height, had a diameter of 48 inches. It will be seen by this record that the controlling factor is not age but the kind of tree. It does not necessarily follow that because a tree has a large circumference, it is tallest. The chestnut 10 feet in diameter was only 120 feet high, but the white pine 75 inches in diameter was 220 feet in height.

The college record shows the following maximum measurements: White pine, 350 years old, 72 inches in diameter, 220 feet in height; Hemlock, 550 years old, 48 inches in diameter, 125 feet in height; Yellow birch, 300 years old, 48 inches in diameter, 100 feet in height; Black birch, 350 years old, 60 inches in diameter, 80 feet in height; Beech, 350 years old, 45 inches in diameter, 120 feet in height; Chestnut, 300 years old, 120 inches in diameter, 120 feet in height; White oak, 590 years old, 48 inches in diameter, 100 feet in height; Red oak, 250 years old, 60 inches in diameter, 150 feet in height; Chestnut oak, 300 years old, 84 inches in diameter, 100 feet in height; Black cherry, 300 years old, 60 inches in diameter, 100 feet in height; Fire cherry, 40 years old, 7 inches in diameter, 45 feet in height; Hard maple, 300 years old, 60 inches in diameter, 135 feet in height; Red maple, 200 years old, 48 inches in diameter, 120 feet in height.

**Sunlight**  
They slept no longer then. With the first tune Of thrushes blowing silver all about The pale-rimmed hills, eyes opened on a moon Dead as some street-lamp with the flame blown out Daylight! they cried. The stark and windless air Had somehow come to life. The stars were done. And two could shake the moonbeams from their hair, Stretch out dew-blistered fingers for the sun Day had been given back to them; the blaze Of sea and meadow, brook and stone and flower; Landscapes of dream embroidered with the rays Of golden minutes slanting from the hour; A place to run; a hill to poise for flight Through undimensioned distances of light. —Philip M. Harding in Voices.

**Length of Life**  
For the length of life there is no law. The weakest thread will draw itself out to an unexpected length, and the strongest is suddenly cut off by the scissors of Fate, who seems to take delight in contradictions.—Goethe.

## Balloon Ascent Aids Aviation

Before Professor Piccard's Feat, Every Ascent to a Great Altitude Was a Desperate Gamble with Death

The flight in which Professor Piccard recently attained a height of 52,160 feet—just 700 feet short of ten miles—opens a new chapter in aeronautics. For it shows how the perils of great altitudes may be combated. Previously, even with the most modern oxygen apparatus, every ascent to a great altitude was a desperate gamble with death. Captain Gray, the American aviator, who reached the height of 45,500 feet, was killed in attempting to rise to still greater altitudes.

Then there was the thrilling adventure of Lieutenant C. C. Champion, another American, four years ago. After reaching 38,600 feet, he was descending. When he was still 38,600 feet up seven of the nine cylinders of his engine blew out, the flying fragments tearing holes in the wings of his machine and knocking the oxygen tube out of his mouth.

Frost had formed on his goggles, practically blinding him, and he was unable to do anything but glide. To make matters worse, he had to fight off fire on four occasions during his descent, but he got down safely.

A record which remained unbeaten for many years was that set up by the two Englishmen, Gishler and Coxwell, in 1875. The ascent was arranged by the British Association and was made from Wolverhampton.

Twenty-four Miles Up  
Gishler made observations until the balloon had reached 29,600 feet. He found that his pulse, which was 76 before the ascent, was 90 at 10,000 feet up, 100 at 20,000 feet, and 110 when they had climbed still higher. At four miles up he could distinctly hear his own heart-beats. Just after the balloon had reached 29,600 feet he lost consciousness. Before that although still conscious, he had lost control of his limbs. Then, though his brain continued active, the optic nerve seemed to give way.

Meanwhile, Coxwell had lost the power to use his hands—before the valve had been opened to allow the balloon to descend. An, he also was slipping into insensibility. Summoning all his remaining strength for a last desperate effort, he managed to seize the cord with his teeth and pull it. The valve was thus opened, and the balloon, which had reached 27,000 feet, now began to descend.

Although ascents by human beings have been limited by man's power of endurance, unmanned sounding balloons have attained great heights—in one case nearly eighteen miles. And the shells of the German "Paris gun" rose to twenty-four miles before they started to come down.—London Answers.

## WOOL HIGHEST PRICES PAID

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It's Best for You and Baby too

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Non-Poisonous Chemical DESTROYER WEEDS  
A positive and economical destroyer of noxious weeds and vegetation on farms, roadsides, along fence ditches, etc. Excellent for destroying poison ivy and nettles around summer homes.

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

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Acknowledged as a Protector against Skin Troubles  
Price 25c.

**for BRUISES**  
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The Longer and Wider Fly Catcher That Will Not Dry  
Aeroxon is freeing thousands of Canadian homes from the dangerous disease-bearing fly. This handy spiral fly catcher is coated with a specially prepared glue; fragrant and sweet, which will not dry or lose its attractiveness to flies. Ask for it at any drug, grocery or hardware store. It is the fly catcher with the push pin and the wider and longer ribbon—good for three weeks' service.

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**"Keep up Wages"**  
New York World-Telegram: The richest man in the world cannot use more than half a dozen or so automobiles and radio sets in a year, and, therefore, can contribute little to the prosperity of the concerns manufacturing these commodities. But if the rich man's profits for a year are a little smaller, and the wages of his 5,000 employees are maintained at a standard which will permit the purchase of one radio set and one automobile each, they keep on a profitable basis, they keep man at work who are in turn able to buy the commodities of the rich man—so goes the endless chain of industrial well-being. Business men who understand this principle of enlightened selfishness will never need to be urged by the administration of any one else to refrain from wage cuts.

**Jack Tar's Uniforms**  
Nine in Number  
The British sailor has nine different uniforms, and his sartorial problems are so perplexing that the Admiralty has had to appoint a special committee to solve them. "The committee will examine all questions of cut and style," says an Admiralty official. "The materials and methods of upkeep will also be reviewed. A sailor has not too extensive a wardrobe, despite his nine uniforms. Every one of them is essential and is made compulsory by regulations. He has a ceremonial dress, a leave uniform, a working uniform, a suit of white ducks, a suit of overalls, a suit of oilskins, and three uniforms for wear in the tropics."

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