

# RED ROSE

For **COFFEE** particular people—  
Pure! No chicory or any adulterant in this choice coffee

## Woman's Sphere

### THE LITTLE-BIT-MORE GIRL.

It was rather warm in the garden, but Alicia was so intent on her work that she did not mind the heat. "Mother wants me to weed the rose bed," she was thinking. "If I work fast, I shall have time to do a little bit more." She looked over her shoulder at the bed of hardy annuals where the weeds were beginning to show.

So she dug and clipped and pulled, and when at last she rose from her stooped position not a weed was to be seen. She looked at the clock on the courthouse across the square. Luncheon would be ready by twelve. It lacked thirty-five minutes of that time.

Picking up her shears and basket and spade, she moved to the flower bed on the right and worked so fast that when every weed had been pulled and she again glanced at the clock she saw that it still lacked ten minutes of the luncheon hour.

"I shall have time to do a little bit more," she said out loud. "But there are no weeds left, and what shall I do next? Oh, I know," remembering a remark she had heard her mother make the day before. "The honeysuckle near the back porch needs to have some of its creepers tied up."

Running into the kitchen, she took the twine-bag from its nail on the cupboard door and was off again. She had fastened up the last straying vine when her mother's voice called her to luncheon.

"Yes," she said as she fanned herself with the back of a convenient magazine while waiting to be served, "I weeded the rose bed, and then I had time to do a little bit more, so I weeded the hardy annuals bed; and then I had time to do a little bit more, so I fastened up that honeysuckle for you. It's all right now. Those creepers are just like children. They don't know which way to go, but they are determined to be going; then along comes a human being and trains them up to go the right way. I felt just like a mother to them."

She looked to see whether her mother was laughing and felt relieved when she saw no trace of a smile on the pleasant face.

"My, but you make the best omelet, mother! Yes, please, I will have a little bit more. It isn't because I am hungry that I think it's good. It is good, whether I am hungry or not. Everything you cook makes me want a little more. I shall have to call you my little-bit-more mother."

"And I," responded her mother, "shall have to call you my little-bit-more girl."

"It does fit me," said Alicia, laughing as she thought of the "little bit more" of everything she had had to eat.

"It certainly does," replied her mother, thinking of the weeds in the garden and the vagrant honeysuckle

vine. "I wish every mother had a little-bit-more girl like you." "It would keep her mighty busy cooking," said Alicia.

### A SPLENDID HARLEQUIN SUIT.



3778

3778. Here is an ever popular masquerade design—one that is sure to please and to be very comfortable. It can readily be developed and is suitable for many kinds of materials. Calico, cretonne, chintz, muslin, cambric, satin, and crepe are good for this model.

The Pattern is cut in 5 Sizes: 6-8, and 10-12 years for Children, 14-16 years for Misses, and 38-40; 42-44 inches bust measure for Adults. A 10-12 year size requires 5½ yards of 27-inch material for the suit, and ¾ yard for the cap. A 38-40 inch size requires 8¾ yards of 27-inch material for the suit and ¾ yard for the cap.

Pattern mailed to any address on receipt of 20c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto.

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

### WASHING BLANKETS.

When you wash a blanket take time to do it correctly, for it is quite easy to impoverish blankets in the wash. If a washing machine is used a tub should be filled with hot water—about 110 degrees—in which plenty of shaved soap or soap jelly is dissolved to form a good suds.

If double-sized blankets are being washed one should be put in at a time, but two single blankets can be treated at once. Allow about a quarter of an hour for washing each blanket, but longer if very soiled.

For hand washing the water should be as warm as the hand can stand it, and a good soapy lather produced by adding soap jelly. If the water be hard add a few drops of ammonia. Never rub soap on a blanket. It will cause it to harden. Knead and squeeze the blankets, and if rubbing be necessary let it be done lightly. For such large articles as blankets the hand-operated vacuum is excellent. They are best used with the tub placed upon the floor.

Do not wring or twist a blanket, but pass it through the wringer with very little pressure—just sufficient to remove the water. The rinsing water should be, as near as possible, in temperature to that of the washing water, and a little soap jelly should be added. The reason for this rather strange proceeding is that all wool when new contains a certain percentage of animal fat, which, if removed, leaves the fabric hard and lifeless. By using rinsing water containing soap, the oil is to a certain extent prevented from coming out.

Two or three rinsings will be nec-

essary, reducing the soap each time. Never use any blue, and remember quick drying is necessary if the blankets are to be restored to their original fluffiness. Select a clear day for doing this work. Hang with the weight on each side of line equally divided.

### HIGH CHAIRS.

When our small son was large enough to eat at the table with us, we had to meet the problem of how to make his chair the proper height; for the high chair which he had been using up to that time did not look at all well in our dining room and we were much opposed to the usual sofa cushion or big book placed at meal-time on his chair.

This is how we finally remedied the difficulty: We purchased four of the old-fashioned door bumpers, the sort with the hard rubber pad in the end, and screwed one in each leg of sonny's chair. This gave the required height, and when they were stained mahogany color they were almost invisible.—F. G.

### WHEN YOU OPEN JARS.

To prevent chipping the glass cover or edge of the jar when opening cold-packed fruit or vegetables, try slipping the edge of the knife under the rubber ring rather than between the rubber and the cover.

Sometimes the smallest chip will spoil the jar for another season of cold-pack canning. If you have plenty of time put the jar upside down in a pan, pour in enough cold water to cover the rubber ring and put the pan over the fire, leaving it there until the water is hot, but not boiling. This loosens the seal, and the cover slips off easily.

## GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day is warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Sleeping Sickness Symptoms.

Sleeping sickness, known to the medical profession as encephalitis lethargica, is a form of brain fever, and has been with us for many years.

Our knowledge of its origin is vague, and the disease should not be confused with the African sleeping sickness, which is caused by the bite of a fly.

Many doctors believe that encephalitis lethargica follows upon influenza, and even suggest that it is a form of influenza which affects the brain. This is quite possible.

Other medical men consider that sleeping sickness has nothing to do with influenza. They put it down in great part to overcrowding, and advise open windows and plenty of fresh air at night.

There are also physicians who say that infection enters the body by the nose, and prescribe nasal douches in times of epidemic.

The chances of any particular person catching the disease are very small—about 1 in 1,000,000.

The symptoms seem to vary. Some patients, for example, complain not of drowsiness, but of an utter inability to get to sleep. They only become drowsy in the late stages of the disease.

Others are drowsy from the outset and cannot be roused. Others, again, suffer from peculiar muscular twitchings which are often of a very distressing character. In some cases there is "double vision"—that is, each eye sees separately.

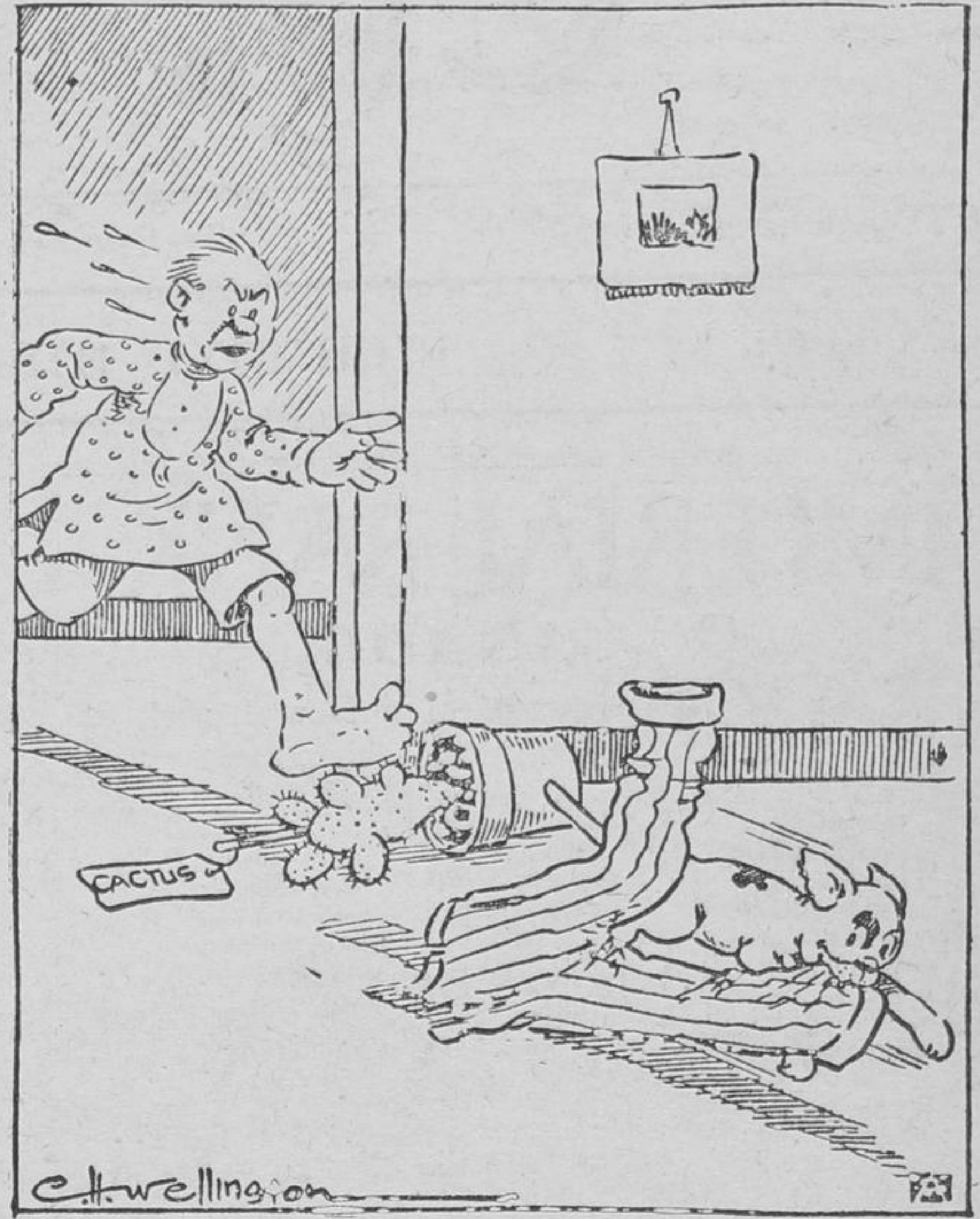
The disease is certainly not infectious in the ordinary sense of that word. Because one member of a family has contracted it, it does not follow that other members will. Indeed, this is unlikely. Nevertheless, the disease tends to occur in areas and to extend in these areas.

More shipping passes through the Sault Ste. Marie locks during navigation than goes through the Panama, Suez and Manchester canals in twelve months.

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## —AND THE WORST IS YET TO COME



## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

The reasons why some persons have attractive personalities and some have not, may depend on what we eat, according to John R. Murlin, Prof. of Physiology at Rochester University. Too much meat, too much coffee and too many cigars often make a man irascible and irritable, while the development of children depends to a large degree on proper food in correct quantities.

Some factors which may influence development of the body, including the nervous system, and therefore the development of the mind, are traceable to the food. A child which is deprived of certain vitamins develops rickets or scurvy and along with the arrest of physical development goes a certain retardation of mental development. Oftentimes teachers bear testimony to the complete change both in appearance and in the normal reactions of the child when these deficiencies are corrected. A child which is habitually disobedient or refractory to discipline may become quite the opposite as a result of better nutrition.

These facts with reference to nutrition illustrate one of the means of controlling what has been placed in our hands in developing personality in ourselves and in our children. Many a man is irritable and objectionable because he does not know how to eat or what to eat. Too much meat may lead to forms of intestinal intoxication; too much coffee may make one nervous and easily irritated; too many cigars may break down one's health slowly and insidiously and may completely transform a man who otherwise is of a sweet and gentle disposition into one who has—as we say—a disagreeable personality.

An exact definition of personality is difficult to give. What most of us have in mind when we use this term probably refers to the impression which one makes on his fellowmen by his appearance, manner of speech,

character of his smile, etc. When we examine these traits or characteristics we find that they have a foundation in physiology. There is the hereditary factor which refers to the likeness of offspring to parent. We inherit stature, features, color of eyes, tone of voice, nervous and muscular actions, and even temperament. Sometimes the likeness extends to minute physical traits such as the occurrence of a mole, a group of freckles, a dimple, or a faint line in the eye. What we are capable of doing mentally as well as physically is determined for us in part at least by the ancestral germ plasm; even the quality of one's personality is thus foreshadowed.

## "DIAMOND DYE" IT A BEAUTIFUL COLOR



Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

## COME TO THE LECTURES, DEMONSTRATIONS and PRACTICES AT THE

## Ontario Agricultural College

1925 — SHORT COURSES — 1925

Stock and Seed Judging	Jan. 13th to Jan. 24th
Poultry Raising	Jan. 13th to Feb. 7th
Fruit and Vegetable Growing	Jan. 26th to Feb. 7th
Floriculture and Landscape Gardening	Feb. 9th to Feb. 21st
Course for Factory Cheese and Butter Makers	Jan. 5th to March 20th
Cow Testing	Jan. 12th to Jan. 23rd
Farm Dairy	Jan. 26th to Feb. 6th
Factory Milk and Cream Testing	Feb. 9th to Feb. 20th
Condensed and Powdered Milk	Feb. 23rd to March 6th
Market Milk and Mechanical Refrigeration	March 9th to March 20th
Ice Cream and Mechanical Refrigeration	March 23rd to April 3rd
Creamery and Cheesemaking Course	March 24th to March 25th
Farm Power	Jan. 27th to Feb. 7th
Drainage and Drainage Surveying	Jan. 13th to Jan. 24th
Bee Keeping	Jan. 13th to Jan. 24th

These courses are planned to meet the requirements of farmers, farmers' sons, dairymen, poultrymen, beekeepers, and horticulturists who may be able to leave home for but a short period during the winter months. All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from home surroundings, meeting other people interested in the things in which you are interested, exchange of experience and the acquirement of knowledge, will do you good. Plan to attend some course that appeals to you. Write for booklet describing the courses.

J. B. Reynolds, M.A. L. Stevenson, M.S. A. M. Porter, B.S.A.  
President. Director of Extension. Registrar.

## WRIGLEYS

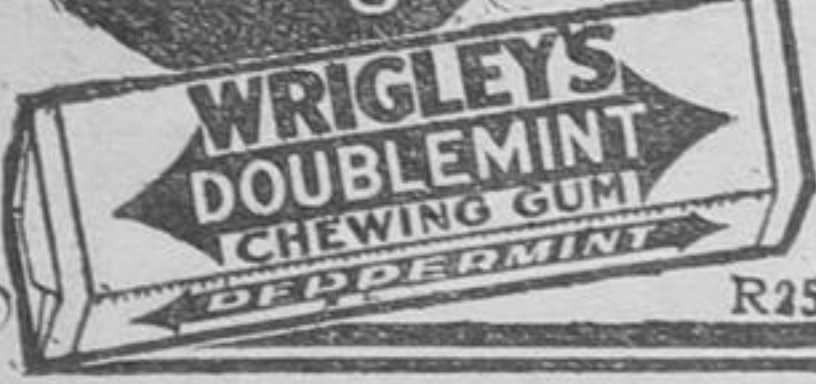


Chew it after every meal

It stimulates appetite and aids digestion. It makes your food do you more good. Note how it relieves that stuffy feeling after hearty eating.

Whitens teeth, sweetens breath and it's the goodly that last.

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ISSUE No. 45—24