Surpassing

all others in Delicacy and Fragrance.

SEALED PACKETS ONLY

EVERY LEAF PURE

Woman's Sphere

dren as Mrs. Blake's," observed one corn brooms, one of them covered with said Peter, feeling his limbs for bruis- a piece of luck for us. Poor old Peter acquaintance to another. "I chanced a cotton-flannel bag for dusting walls, es. "Too many things happen in too short a time. I am breathless." doing to help with the work. Mrs. another mop and scrub bucket for There were lamps in it, and crawling ing parson. It was no good saving my floors that need mopping. A mop cabs, and quite civilized-looking shops. It was no good saving my money when the future was so black. The snow made the streets deserted,

"I expect that is why they do so much," smiled the other. "How do you mean?"

"Why, they do things because their expresses her appreciation. I think

in an attempt at making her mother's commended. bed. 'Come and see how nicely Laura said. Then, to my tragic amazement, she pulled the bed to pieces and proceeded to make it according to her own notions. I was deeply hurt, for I had given my best.

"After her notable maiden effort Laura often stood at one side of the bed to help mother with the making. And by the time she could properly reach she could make a bed correctly and neatly.

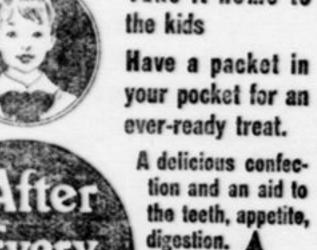
"It's really amusing the stunts those caildren spring on their mother, and the perfectly game way in which she accepts them. She cheerfully looked through streaked windows for a week after George surprised her by washing them one busy morning; and now she's reaping her reward, for George is proud to do them perfectly. She never murmured when Don lapped his sowing of nasturtiums over her sweet peas.

"That's the reason her children are helpful, if you ask me."-G. L. S.

A BROOM CLOSET.

Brooms get tired and soon sag if allowed to stand on their straws. Height enough to allow them to hang from a holder or from nails is the first requirement for a cleaning closet. This closet is meant to do for household cleaning utensils what a kitchen cabinet does for kitchen tools, to gather them conveniently together in one place.









WHEN THE CHILDREN HELP. A list of things which ought to go lane which dipped to the harbor. "I never did see such helpful chil- into such a closet includes two good

"I remember calling on Mrs. Blake brush" is well worth having. If the shot into the street if I hadn't rem-fiddles, too, and the sound of human when Laura was a tiny child. Laura house has an indoor toilet, bathroom embered about Stumm's pass. had spent a strenuous hour or more tongs or a long-handled brush are re-

Generally, a closet the size of an showed him the pass and blustered a has made my bed,' her mother in- ordinary door and about two feet deep good deal, till he became civil and said vited. And the child's little face will hold all this equipment, and not he would do the best he could for us. radiated joy and satisfaction. I've al-ways remembered it, because it so in looking for things and then avoid which contained two camp beds and

A NEW APRON.

yards of 40-inch material.

A SIMPLE PATCH BAG.

MAKE SALMON PATTIES FOR

SUPPER.

My family is very fond of salmon

cheese strong enough to raise the managed to light the stove in our logs for twelve hours. On the road from Rustchuk we had had uneasy

I woke next morning and, looking have seen native women do the same out from the broken window, saw that thing better in a Mozambique kraal. it was snowing. With a lot of trouble Another sang a German song, a bring us some of the treacly Turkish hair and rainbows, and the Germans spirits. "Europe is a poor cold place," present applauded. The place was so said Peter, "not worth fighting for. it from weeks of rough travelling, it their game to-day; they've sliced into and that is South Africa." At the while for the others it might be a vulmade me impatient. I forgot that,

I remember that, sitting on the edge gar little dancing-hall, for us it was of my bed, I took stock of our position. It was not very cheering. We seemed to have been amassing enemies interested in it, as he was ed-rod variety, will save the housewas Rasta, whom I had insulted and a genius for living in the moment. | keeper many a backache from stoopwho wouldn't forget it in a hurry. He had his crowd of Turkish riff-raff and was bound to get us sooner or the tobacco smoke grew thicker and the closet door, halfway up, all the later. Then there was the maniac in the topacco smoke grew thicker the closet door, have the fiddles went on squealing, this shoes belonging to the occupant of shoes belonging to the occupant of the skin hat. He didn't like Rasta, the hudres went on square the that he and his tawdry picture began to mesmerize and I made a guess that he and his me. I seemed to be looking out of a each room, usually kept on the closet weird friends were of some party hos-tile to the Young Turks. But, on the where there were no wars or dangers. place, slipped in the racks, toe downother hand, he didn't like us, and there I seemed to feel the warm sun and ward, and the closet may be swept out would be bad trouble the next time we to smell the fragrance of blossom with two or three flirts of the broom met him. Finally, there was Stumm from the islands. And then I became and with no tiresome preliminary of and the German Government. It could aware that a queer scent had stolen moving a lot of shoes. Besides, shoes 4022. The shaped bib and pockets before he got the Rustchuk authorities are novel and unique. This style is on our trail. It would be easy to trace ends to warm the room, and the thin

be finished without the tie ends. was a big glack dossier against us, in the flames, for suddenly the place became very quiet. The fiddles still It was very clear to me that, unless The lights went down, all but a circle The Pattern is cut in 4 Sizes: we could find sanctuary and shed all Small, Medium, Large and Extra our various pursuers during this day, stepped my enemy of the skin cap. But where on earth were we to find heard a whisper behind me, and the Pattern mailed to any address on sanctuary? We had neither of us a receipt of 15c in silver or stamps, by word of the language, and there was used the day before. These bedlam-

the Wilson Publishing Co., 73 West characters. For that we wanted Rosy Hours, and Kuprasso had prom-Adelaide street, Toronto. Allow two friends and help, and I could think of ised great dancing. none anywhere. Somewhere, to be sure, there was Blenkiron, but how see us, for they had fairly given me could we get in touch with him? As the horrors. Peter felt the same, and for Sandy, I had pretty well given we both made ourselves very small in Hem a large square of denim, cre- him up. I always thought his enter- that dark corner. But the newcomers tonne, or other strong material and prise the craziest of the lot and bound had no eyes for us. attach to each of the four corners a to fail. He was probably somewhere In a twinkling the pavilion changed metal or ivory ring. These rings can in Asia Minor, and a month or two from a common saloon, which might

the rings on a nandy nook or nail in disappeared so soon from men's sight. It became the garden-nouse of Suliily mending is to be done. It is well no good. It would have been all right may have been. Sandy had said that no good. It would have been all right the ends of the earth converged there, to fasten a big safety pin on the out- if we had got here unsuspected, and and he had been right. I lost all conside of the bag and slip into it a could have gone on quietly frequent- sciousness of my neighbors—stout sample of all kinds of materials which ing the place till Blenkiron picked us German, frock-coated Turk, frowsy the bag contains. By laying the bag up. But to do that we wanted leisure Jewess—and saw only strange figures out flat it is easy to find the exact and secrecy, and here we were with leaping in a circle of light, figures a pack of hounds at our heels. The that came out of the deepest darkness place was horribly dangerous already. to make big magic. If we showed ourselves there we

should be gathered in by Rasta, or by the German military police, or by the madman in the skin cap. It was a stark impossibility to hang about on to Dublin, and he was driving round patties, and this is how I make them. the off-chance of meeting Blenkiron. Flake one can of salmon with a fork I reflected with some bitterness that on a jaunting car seeing the sights. and add two eggs beaten light, two this was the 17th day of January, the When they got near the river, as an tablespoonfuls flour, two tablespoon- day of our assignation. I had had Irishman tells the story, he was struck fuls of sweet cream (milk and a little high hopes all the way down the with the unpleasant smell, and asked butter may be used), two teaspoonfuls Danube of meeting with Blenkiron— the jarvey: "What is this horrible taste. Mix all together and drop in spoonfuls on buttered frying pan; it together with what he had found the Liffey is one of the sights of Dubof baking powder, salt and pepper to for I knew he would be in time-of smell?" brown and turn. One can use the out, and of getting the whole story when it is served in this way.—Mrs. that, I thought it wouldn't be hard to N get away by Rumania, and to get home through Russia. I had hoped

GREENMANTLE

BY JOHN BUCHAN.

(Copyrighted Thomas Nelson and Sons, Ltd.) lary, having done as good a bit of

our next quarters.

We walked straight through the

and passed from the bitter afternoon

There were forty or fifty people

there, drinking coffee and sirops and

filling the air with the fumes of lata-

Presently a girl came on the stage

CHAPTER XI.—(Cont'd.) Peter and I, with a common im- work as anybody in the war. As it pulse, took to our heels. We were was, it looked as if my information not looking for any trouble with would die with me, unless I could find demoniacs. Up the steep narrow lane Blenkiron before the evening.
we ran with that bedlamite crowd at I talked the thing over with Peter, our heels. The torches seemed to have and he agreed that we were fairly up gone out, for the place was black as against it. We decided to go to Kupitch, and we tumbled over heaps of prasso's that afternoon, and to trust offal and splashed through running to luck for the rest. It wouldn't do drains. The men were close behind to wander about the streets, so we us, and more than once I felt a stick sat tight in our room all morning, and on my shoulder. But fear lent us swopped old hunting yarns to keep wings, and suddenly before us we our minds from the beastly present, saw a blaze of light and we saw the We got some food at midday—cold debouchment of our street in a main thoroughfare. The others saw it, too, for they slackened off. Just before we reached the light we stopped another night. About half-past three and looked round. There was no we went into the street, without the sound or sight behind us in the dark foggiest notion where we would find "This is a queer country, Cornelis," It was snowing heavily, which was

had no greatcoat, so we went into a in there this morning, and I wish you mouldings or floors. Also are includ-Jew's shop and bought a ready-made might have seen what they were each ed a dry mop for hardwood floors, and to run along the crest of the hill. might have been meant for a dissent-

told me of astonishing things they for the bucket.

Shelves in the closet allow conven- a courtyard with a very tumbledown- which led to Ratchik ferry and found ient storage space for bottles of such looking portico, and green sun shut- it perfectly quiet. I do not think we cleaning solutions as ammonia, and ters which rattled drearily in the met a soul till we got to Kuprasso's for soap solutions. A drawer or two winter's wind. It proved, as I had shop. for soap solutions. A drawer or two feared, to be packed to the door, mostcomes in handy for cloths and dusters. ly with German officers. With some cafe, which was empty, and down the If the house is equipped with a trouble I got an interview with the dark passage, till we were stopped by vacuum cleaner, make room for that proprietor, the usual Greek, and told the garden door. I knocked and it nearly all little children like to help in the closet. In any event, make him that we had been sent there by swung open. There was the bleak until they are discouraged by their room for the carpet sweeper. If there Mr. Kuprasso. That didn't affect him yard, now puddled with snow, and a are radiators, a narrow "radiator in the least, and we should have been blaze of light from the pavilion at the talk. We paid the negro at the door,

only wanted rooms for one night. I

forcibly reminded me of a time when in looking for things, and they avoid which contained two camp beds and what looked like German civilians-I had puffed and reached and labored having cleaning equipment, not al- little else, and had broken windows to surprise my mother by making her ways sightly, sitting around in odd had a wretched dinner of stringy mut- and mechanics from the Arsenal. A woman in cheap finery was tinkling ton boiled with vegetables, and a white at the piano, and there were several dead. But I got a bottle of whisky, and I sat down modestly in the nearfor which I paid a sovereign, and we est corner, where old Kuprasso saw us room, fasten the shutters, and warm like a Jewess came over to us and our hearts with a brew of toddy. After talked French, but I shook my head and she went off again. and danced, a silly affair, all a clash-

> as perilous as a brigands' den. Peter did not share my mood. He

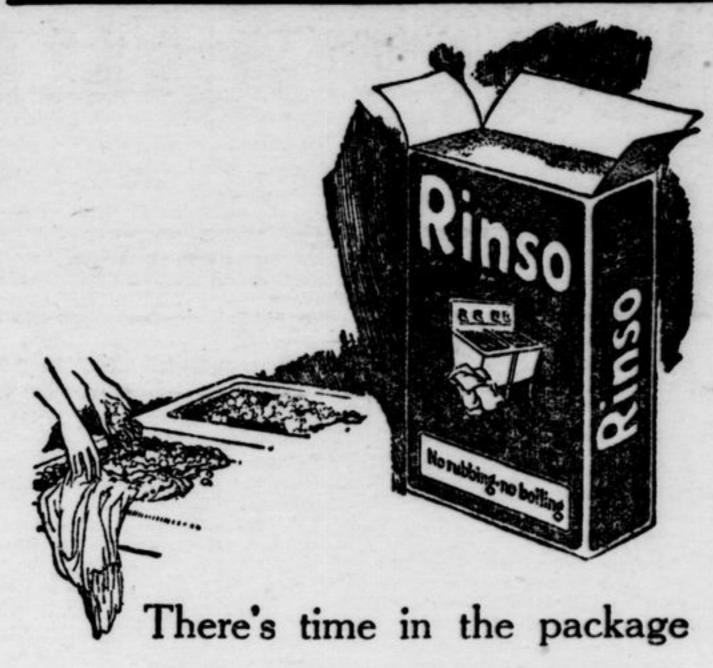
There were braziers burning at both nice for all apron materials. It may us from Chataldja, and once they had smoke from these smelt like incense. be finished without the tie ends. us we were absolutely done. There Somebody had been putting a powder on the stage, and into that circle

no way I could see of taking on new ites were called the Companions of the

be bought for a few cents at notion later would get to Constantinople and have been in Chicago or Paris, to a counters of dry-goods stores. Slip all hear in some pot-house the yarn of the rings on a handy hook or nail in disappeared so soon from men's sight. It became the garden-house of Suli-

(To be continued.) Doing Dublin.

No evening's pleasure is worth a Minard's Liniment for Coughe & Golde to be back with my battalion in Febru- Minard's Liniment for Corns and Wart morning's headache.



Time to do the many things ordinarily put off on wash-day. For Rinso does not keep you standing over the wash-tub, rubbing until your back aches and your hands are red and sore.

Rinso, an entirely different kind of soap, soaks clothes clean. Rubbing and boiling are unnecessary. The big soapy Rinso suds gently loosen the most ground-in dirt without weakening a single thread.

> Buy a package today. On sale at all good grocers and department stores.

LEVER BROTHERS LIMITED TORONTO



the rough after each hole.

A RACK FOR SHOES. A common, ordinary towel rack-or was quite interested in it, as he was two if necessary-of the cheap nickel-I remember there was a drop-scene ing and will convert the dreaded closet on which was daubed a blue lake with sweeping into a pleasure. By screwto be worn may be selected out in the

with the ease of plucking an apple, and those to be temporarily abandoned may be promptly put away.

My heart is a thorny bush In an old garden close;

My song peeps over the wall And nods like a single rose. My heart is a smothered fire, Sick of a blunted aim; My song is a leap to the light.

My song is a tip of flame. My heart is a bitter sea, A tossing, a restless grave; My song is the sunny foam

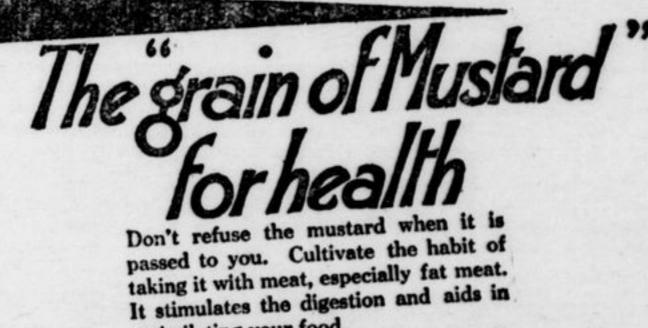
That flies from the crested wave. The rose and the flame and the foar Shine for the world to see: The urge and the smoke and the thorn

Nobody knows but me!

-Karle Wilson Baker.

MATCHES Remember to ask for Eddy's when you order matches ON SALE EVERYWHERE

IN CANADA



assimilating your food. but it must be Keen's 255



Canadian Doctor's Remarkable Discovery

Ever since medical records began to be kept, there have been written interminable histories of one disease in particular, affecting most frequently the flower of the race, the treatment of which has baffled successive generations of medical men.

Pathetic and hopeless in the extreme were those cases of young people, mostly between twenty and thirty years of age, who found themselves losing weight, becoming weaker day by day, their skin becoming harsh and dry, their tongues either black or raw and glazed, their bodies tormented by carbuncles or crops of boils, their mouths parched with unquenchable thirst. Eary death was their inevitable doom. Such was for centuries the course of diabetes.

Undaunted by Difficulties.

Inspired by a determination to make an end of this apparently unlimited succession of human misery, a young Toronto physician, Dr. Banting, got to work on a faint clue to the cure of this devastating disease. He made the Physiological Laboratory of the ULIversity of Toronto, with its wealth of scientific equipment, his headquarters, following up the clue with that youthful zeal which, tempered with scientific caution, accomplishes great

But there were formidable technical difficulties to be overcome. It had long been known that the cause of the excess of sugar in the blood (the essential feature of diabetes) was fallure on the part of the pancreas, a large abdominal gland, to produce a sugar-storing juice, which prevents the blood from being flooded with sugar. This failure was caused by destruction of the pancreatic cells which should produce this juice. The obvious thing to do then was to obtain the pancreatic juice of, say a sheep and use that as a substitute. The Toronto scientist attempted to

prepare extracts of sugar-storing juice from the sweetbreads of sheep and other animals. These extracts had to be made from ctrtain little groups of cells, known as "islands," in the sweet breads. But unfortunately these extracts were always destroyed by the digestive juices produced by other portions of the sweetbread. Nothing daunted, our determined

discoverer found that the active extract of which he was in quest could be obtained from the sweetbreads of very young animals, before the cells had started producing the juices which had always previously destroyed it.

Vanished Terrors. With this extract the doctor treated one patient after another, and was at last able to demonstrate that, given by injection after every meal containing sugar or starch, the sugar in the blood was reduced almost to normal, the other symptoms abated, and e-

covery was speeded up. He had robbed a dread disease of all its terrors! The technical difficulties of manufac turing this almost magical remedy on a large scale have now been overcome, and the product of entirely British manufacture is to-day available for distribution, and can be easily obtained

by medical men. Since, however, the remedy is a very potent one, and can be administered only by subcutaneous injection, considerable caution in its use is necessary, and control blood-sugar tests are desirable during the treatment.

How the Rainbow Comes. Do you know how the rainbow gets n the sky?

The beautiful phenomenon was described recently by Mr. Charles R. Dar-

He said that light was due to a special sort of wave caused by very tiny things called electrons, which flew about in all directions at a tremendous speed. They made no waves until they came up against what scientists call ether.

The waves produced by the contact of the electrons with ether were of different colours. Long waves with a big distance between the tops gave red light; with less distance, blue. All light was really a mixture of colours, which could be separated.

The rainbow was caused by drops of water sifting the sunlight into its different colours. These colours formed the spectrum, which was first discovered by Sir Isaac Newton The spectrum could be produced arti-

ficially by passing light through a mirror ruled with lines of fourteen thousand to the inch. Things in the world had different colours because they possessed the power of absorbing certain colours while sending others back to the eye.

When substances were burnt in a flame, and the light sent through a prism, the spectrum showed dark lines. Every substance had different lines. It was by this means that the composition of the sun and stars was determined.

No "Common" Boys.

One of Theodore Roosevelt's sons, when small, was playing in the Washington streets when a woman recognized him and said she didn't think his father would like his playing with so many "common boys."

"My father says there are no common boys," replied the young Roosevelt. "He says there are only tall boys and short boys, and good boys and bad boys, and that's all the Wade of boys there are."

TANKAGE AS A SUPPLEME During the winter

Department of Anima the Ontario Agricultur ducted an experiment feeding value of tanks mental food for grown pared with skim mill approximately equal taken from one litter two pens for the test. was the same, both a quantity. However, t required three days n consume the grain.

The tankage used 1 tained upon analysis protein. At the comm age constituted 10 p ration for the tankag observed that the pigs their food with a relicleaning up a quantil their age should do, tankage was reduced the proportion fed fra The above mentioned Tankage vs.

No. of Lot . Supplement No. of pigs Length of fi Average init Average fina Average tot Average da Total grain Total supple Total grain Total supple

tankage Total grain Cost of grai gain ... Total supple lbs. gain Cost of su skim mi

Cost of 100

Value of ga

Cost of gai

Profits on

Middlings

per cwt

Oats Barley ...

A study of the ta fact that the cost of not as high in the ca fed lot as with the due to the lower cos feed per 100 lbs. gr hand, the quantity per 100 lbs. gain fed lot was not so be explained by the were receiving, acce five pounds more di than were the tank terms of dollars pounds less of grad with a value the cost of the st skim milk lot to with 70 cents for t However, the value pounds in weight of ot more than cour creased cost of pr increased profit of of feed in their In

> ower price its su much more in eval where it is available nundredweight of would be reduced ents per hundred 100 pounds gain 6.27 for the tuni natural sequer

Where skim mil

They feath the marks 0 will help in prod ullets next you

type of pullets It pays to feathering birds fuel in the sprin ean stand quite ere about feat eathering men easily chilled an necessary to k going for a lon If the hens dried-up range

he same as th chard on well duce an abunda leaves. It tal gather a bushe. it will help in

is profitable w They are fine f

Weeding and