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Woman's Sphere

A friend of mine once told me that ciated as aid in an emergency, her mother advised her, at an early period in her housekeeping career, to sleep in her guest room once in a while. She had found it an excellent suggestion and had followed it withshe was more than sure-distinct advantage to her guests.

not slept upon them; for what guest Don't forget a scrap basket.

in your own guest room occasionally. considered a necessity. an inference in these days of small tains plenty of hangers.

In fitting up a guest room there is, necessarily, much latitude. In the average home its furnishings must needs be simple. In these days, however, simple furnishings may also be beautiful.

As a primary necessity, be sure that your bed is comfortable. If size of room allows, twin beds are desirable. The old-fashioned double bed is, nowadays, hardly considered. The mattress should be covered, and the cover frequently laundered. In winter a soft, thick bed pad or a warm blanket should be laid between mattress and sheet; this for real warmth, as the hair mattress, although comfortable and sanitary, is not warm. Be sure to provide plenty of bed clothes - a down puff as an extra if possible.

If one cannot spare a down puff an excellent homemade substitute may be manufactured from a pair of worn but woolly blankets tacked and tied in a pretty cover of silkaline or cheesecloth, the edge finished with ribbon binding or buttonholed with worsted.

Many people depend upon a few minutes "read" before going to sleep -I confess to this indulgence myself. Arrange a simple reading lamp on a stand by the bed, or, if more convenfent, a hanging burner over its top.

The stand, with an attractive cover, should contain a cracker jar, well chine or batiste, with trimming of lace no shadow of claim on the Jardines, beast either'—while Jean asked if I

guest making a real visit; provide one requires 4 yards of 32-inch ma- his shoulders. He has a small in ford Station from London he stood for home talent—pine table of convenient 1% yards. height is a satisfactory substitute. Stock it with good pens, inkstand well

After every meal A pleasant



LET'S TRY OUR GUEST ROOM. | blotter. A box of stamps is appre-

Perhaps a combination of bookrack "People, I am often told, find thempeople as if they were everyday acselves rather in awe of me. I know quaintances. She adores Dr. Johnson

I slept in mine soon after, and was be placed is a very great convenience. brother, are touching. horrified to find that the feather pillows, comparatively new, had an oily conveniently and ornamentally stockand very disagreeable smell, necessi- ed with toilet articles as circumstances she tells me she is twenty-three and that there is great satisfaction in tating their being sent to the cleaner's will allow; but see, I pray you, that she has been head of the house since looking at her. (If she had all the I should never have known it had I with a variety of pins.

you provide a pincushion well stocked she was nineteen.

"It is really the

could make up her mind to tell me? See that your guest room supplies in the Indian Civil Service-pretty She knows how to dress, too. The lit-Neither would any one, I suppose, a stand or container for towels, face good at his job, I gather—and these the brown frock was just right, and

which would effectually put sleep to to an overnight or week-end guest Great-aunt Alison. The mother died "What a find for my first day at rout for the sensitive or poor sleeper. with a small quantity of luggage, to when Jock was a baby, and after some Priorsford! My first suggestion is, therefore, a find a bath robe hanging in the guest years the father married again, sud- "I went to tea with the Jardines repetition of my friend's advice—sleep room closet. I think this might be denly and unpremeditatedly, a beauti- and I never was at a nicer tea-party. rise, and spent rather a dreamy day

A DAINTY SUMMER FROCK.



Pattern mailed to any address on able to go to a good school when he

date Spring and Summer 1924 Book vase Taunton come on the scene. f Fashions.

of this and pack the space between debut then?

bucket requires a cover. in place. Paint the box white and everything from the point of view of fasten a top on it with hinges.

gated board or, if perfectly tight, small disobdience, she was told, would The vessel containing the food is

put on a heated soapstone-in the bottom of the tin bucket. Both tops should be fastened securely and it needs no more attention until the time omes to remove the food.

A new glass has been invented which will not break if a steel ball is dropped on it from a height of eight

Minard's Liniment for Headache.

PENNY PLAIN

BY O. DOUGLAS

Shopman-"You may have your choice-penny plain or two-pence Solemn Small Boy-"Penny plain, please. It's better value for

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CHAPTER IV .- (Cont'd.) stockings and crying quietly to herself had gone to Oxford the day before, with the small help she could give him, afraid that he might find himself shabby and feel it bitter, afraid that he might not come back to her the kind, clear-eyed boy he had gone

"She told me all about it as simply

A small work basket, well stocked, that they would rather have me for a and quotes him continually. should stand in some convenient place. friend than an enemy. You see, I can "She has no silghtest trace of ac-A really comfortable chair, besides the ordinary ones, is a necessity; a couch—sometimes possible—is a luxury. A rack on which a suitcase may be placed is a very great convenience. The convenience is a luxthan an enemy. Tou see, I can convenience it in a suitcase of accent, but she has that lilt in her voice in Scots people—that makes one think of winds over heathery moorlands and running water. In appear-

ever speak of the sagging or obstrep-cloths, soap, tooth paste, powder and three children, Jean and her two bro-thers, David and Jock, were brought hair. I'll tell you what she reminded the squeak in the bed, any one of It is often a very great convenience called—by an old aunt of the father's, son's Daughter.'

The Jardines sailed for India, and restricted. She had no relations, and Captain might be, in ruins. . . Taunton had no one very near, and "Bella Bathgate, I must tell you, _____ when she was dying she had left in- remains unthawed. She hinted to me structions, 'Send my boy to Scotland, to-night that she thought the Hydro-Ask Jean to bring him up. She will pathic was the place for me-surely understand.' I suppose she had de- the unkindest cut of all. People dress

to her without a qualm. "So the baby of two was sent to the company. was of her at-one-time stepmother to Bathgate.-Yours, looking for, therefore perhaps finding, cat Sir J. M. Barrie. kindness on every side. It is rather "I asked why but got no satisfacabsurd in this wicked world, but I tion.

stocked, to afford first aid to the poor or embroidery. The new printed voiles, but he is to them a most treasured would have preferred it called Si sleeper, a tumbler-covered carafe of organdy and linen may also be used little brother. 'The Mhor,' as they call Rabindranath Tagore!" him, is their great amusement and The Pattern is cut in 4 Sizes: 14. delight. He is quite absurdly good-A writing desk is a boon to the 16, 18 and 20 years. A 16-year size looking, with great grave green eyes if possible. A prettily enameled—by terial. The width at the foot is about his shoulders. He has a small income of his own, which Jean keeps lost way, almost as if after thirty religiously apart so that he may be

ing some of the house paper and a Toronto. Allow two weeks for receipt the Jardines must have been an uncommon old woman. She died (per-

"It seems she always dressed in rustling black silk, sat bolt upright on human beings. "Man wanders back TO MAKE A FIRELESS COOKER. the greatest care of her hands and After a talk with a helpful porter the edge of chairs for her figure, took to the fields which bred him." First get a large wooden tub or complexion, and was a great age. She he found rooms in a temperance hotel box. Put six inches of sawdust in had, Jean said, 'come out at the Dis- in the Highgate—a comfortable, quiet the bottom and place in a tin bucket ruption.' Jean was so impressive over place.

wrapped in asbestos—in the centre it that I didn't like to ask what it The meant. Do you suppose she made her

bucket and box with sawdust. The "Perhaps the Disruption" is a sort of religious tamasha. Anyway, she Pour plaster of Paris on the top was frightfully religious a strict of the sawdust to hide it and hold it Calvinist-and taught Jean to regard her own death-bed. I mean to say, The top, shaped like a shallow box, the child had to ask the I am on my should be filled with wool felt, corrudeathbed?' Every cross word, every 559A Yonge St.

be a 'thorn in her dying pillow.' "In this room a girl sat, darning said, perhaps rudely, that Great-aunt Alison must have been a horrible old -crying because her brother David ghoul, but Jean defended her hotly. had gone to Oxford the day before. She seems to have had a great admiration for her aged relative, though

she owned that her death was some-

"I think perhaps it was largely this training that has given Jean her particular flavor. She is the most happy change from the ordinary modern girl. Her manners are delightfulnot noisy, but frank and gay like a the least odd to confide in a stranger, Scylla of affection nor the Charybdis didn't seem at all impressed by the of off-handedness. She has been nosudden appearance of my fashionably where and seen very little; books are

virtues in the world I could never take "It is really the strangest story, any interest in a girl who had a large The father, one Francis Jardine, was head, or short legs, or thick ankles!)

ful and almost friendless girl whom We said poems to each other most of in his rooms with The Scotsman for The guest room is not so inevitable Be sure, also, that this closet con- he met in London when home on leave. the time. Mhor's rendering of Ches- sole companion. Jean offered no comment on the wis- terton's 'The Pleasant Town of Round- The landlord, a cheery little man, and expensive apartments as in old times. I am surprised to see how times. I am surprised to see how that is don't tru to but she told me the young Mrs. Jar-best Don John of Austria.' You would few minutes, but he had only been ten stinging rebuke!" retorted Silas Grass-ing power the typical sun spot is seen times. I am surprised to see how enjoy her room—that is, don't try to many apartment dwellers dispense entertain her all the time or try to like Jock. He has a very gruff voice years in Priorsford and could tell his row many apartment dwellers dispense entertain her all the time, or try to a schoolgirl of fourteen) and had and such surprised blue eyes, and is guest nothing of the people he had row. give her your society every single given her a good time in London be- fond of weird interjections like 'Gosh, once known. Those of us who live in the country, minute of the day. Often a chance fore she sailed with her husband for Maggie!' and 'Earls in the streets of "D'you know a house called The Minard's Liniment for Aches and Pains umbra." Actually, however, the aphowever, and delight in welcoming to take a nap, write a letter or two, India. Rather unusual when you Cork!' He is a determined foe to Rigs?" he asked him. our family or city friends to week- read a new book or simply spend a come to think of it! It isn't every sentiment. He won't read a book that The landlord knew it well—a quaint ends or real visits, still feel that the half hour in quiet, undisturbed by the young wife who has thought on the contains love-making or death-beds. cottage with a pretty garden. Old guest room is a very necessary feanecessity of talking, is appreciated by the ture of our homes.

honeymoon for schoolgirl stepdaughture of our homes.

'Does anybody marry?' 'Does anybody the die?' are his first questions about a when he came first to Priorsford;

were hardly landed when Mr. Jar- "The Jardines have the lovable "Toung folk?" said Peter Reid. dine died of cholera. The young habit of becoming suddenly overpow- "Yes," said the landlord, "Miss Jean dan. widow stayed on-I suppose she liked ered with laughter, crumpled up, and Jardine and her brothers. Orphans, the life and had little to bring her helpless. You have it, too; I have it; I'm told. Father an Anglo-Indian. back to England—and when the first all nice people have it. I have been Nice people Oh, very. Quiet and in- job that will sharpen your under- show the distribution of any one eleyear of her widowhood was over she refreshing myself with Irish Memor- offensive. They don't own the house married a young soldier, Gervase ies since dinner.. Do you remember though. I hear the landlord is a Taunton. I'm almost sure I remem- what it said about Martin Ross? 'The very wealthy man in London. By the ber meeting him about-good-looking, large conventional jest had but small way, same name as yourself, sir." perfect dancer, crack polo player, power over her; it was the trivial They seem, in spite of lack of money, absurdity, the inversion of the expectto have been supremely happy for ed, the sublimity getting a little above about three years, when young Taun- itself and failing to realize that it sheds its brightness upon everything. ton was killed playing polo. The poor had taken that fatal step over the girl broke her heart and slipped out border-those were the things that of life, leaving behind one little boy, felled her, and laid her, wherever she in Great Britain, only 140 are resi-

tected even in the schoolgirl of four- for dinner every night there, she tells teen Jean's most outstanding quality, me, and most of them are English, steadfastness, and entrusted the child and a band plays. Evidently she thinks I would be at home in such

child of eighteen, and Jean glows with "Some day I think you must visit gratitude and tells you how good it Priorsford and get to know Miss think of her! That is how she seems "I forgot to tell you that for some to take life: no suspecting of motives: dark reason the Jardines call their

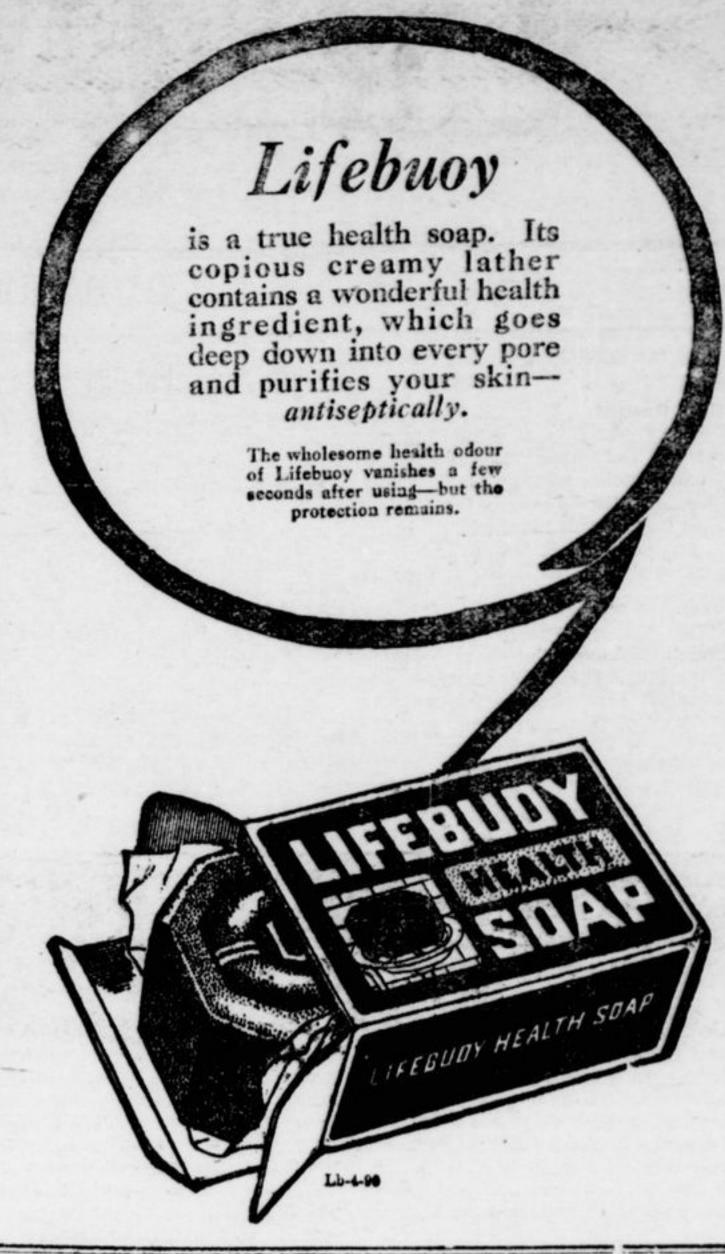
shouldn't wonder if it made for hap- "'Well, you see, there's Peter,' 4748. This is nice for crepe de The Taunton child has, of course, ed obscurely, 'It's not a sentimental

CHAPTER V.

years he expected to see a "kent face" filled and a pad or portfolio containPublishing Co., 73 West Adelaide St., "The great-aunt who brought up for rooms; he had simply obeyed the impulse that sent him-the impulse Send 15c in silver for our up-to- haps luckily) just as the young Ger- It is said that an old horse near to death turns towards the pastures where he was foaled. It is true of

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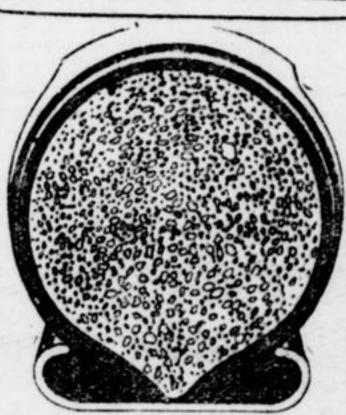
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"Why don't you hold the busy bee up to your hired man as an example?" held in front of the binoculars.

New Raliway in Sudan.

growing area of 500,000 acres, a new rest of the sun. kind and unselfish, and was grateful. book, so naturally his reading is much dead now, but the young folk were railway 216 miles long was formally A photograph of a sun spot through opened in the Sudan recently, connect- an instrument called the "spectroing Kassala with the line to Port Su- heliograph," an invention of Dr. Hale

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OLD SOL IS RAISING A **NEW CROP OF SPOTS**

Large groups of sun spots, some of sufficient size to hold the earth itself without overcrowding, which have recently appeared, indicate that a new period of solar activity has begun. Every eleven and a half years large areas of the sun become completely covered with spots, while between these maxima, as was the case last summer, weeks at a time may elapse

without one making its appearance. The spots that have been recently observed were at a high latitude on the sun's surface, and it is this fact that identifies them as the forerunners of the new period rather than hangovers from the period that has recently ended. At the beginning of the cycle a few appear toward the poles of the sun, then, as they increase in number, their average position comes nearer and nearer to the solar equator. which, since the sun is a rotating body. corresponds to the equator of the earth. About 1917 the spots were most numerous. After that their number decreased, antil in 1922 all that could be seen were close to the equat-

Thus the sun affords astronomers opportunity of studying a star at relatively close range, only \$2,000,000 miles away. This seems near when we recall that the nearest other star is about six trillion miles away and that its light takes more than four years to reach us, while that of the sun takes only about eight minutes.

The spots are the most noticeable features of the sun when they are present, and large ones may be seen with relatively slight optical aid. At present the spots are probably too small to be seen without a small telescope, but when they become more numerous a good pair of binoculars should reveal them. Of course, one should never look at the sun without some protection for the eyes. This might consist of a piece of old, densely fogged potographic film, which may be

to consist of a dark centre, called the parently dark umbra is brighter and hotter thon an electric arc light, but Running through a potential cotton. It seems dark by comparison with the

enables the observer to tune in on one wave length of the sun's light, to A job that is a "grind" is often the use a radio analogy. Such pictures ment, such as colcium or hydrogen. on the sun and reveal a definitely spiral structure of the spot. It is in this way that their nature has been determined, and they are now knows to be great cyclones or tornadoes in the outer gaseous layer of the sun.

Associated with the activity of the sun, as revealed by the presence or absence of spots, are numerous other phenomena. Of most interest to earthlivers is the relation between them and our average temperatures. It has been noticed that the earth is appreciably cooler at the time of spot maximum than at the minimum, and this may seem surprising, because the spots indicate increased solar activity. However, it is supposed that at such active times large quantities of "dust." small particles of some kind, are thrown out around the sun and that this acts as a screen to reduce radiction to the earth. Support is given this view by the fact that the corona. which can only be seen at the time of a total eclipse, seems to consist of such small particles and is much more extensive at the time of a large number of spots.

Magnetism of Spots.

One of the most fruitful lines of research in the sun in recent years has been in connection with the magnetism of the spots, and this subject is discussed at length in the last chapter of Dr. Hale's new book, "The Depths of the Universe." This study is possible because of the so-called "Zeeman effect." by which the dark lines, visible in the solar spectrum when it is viewed in a spectroscope, appear to be split into two or more components when the light is passed through the field of a powerful magnet.

These methods have only been developed in recent years, and the recent inactive period of the sun has prevented their complete application. Astronomers at the Mount Wilson Observatory are, therefore, looking forward to the active period that is approaching, and in the next few years our knowledge of this important body should be greatly augmented. James Stokley, F.R.A.S.

Keep Growing.

We found a little beech tree that had a stone as heavy as we could have lifted, away up in the top of the tree. The branches had gripped that stone years before, when somebody had placed it in the crotch of the tree, and carried it upward far above our heads. Now the stone is fairly embedded in the wood. Here is something worth while: "Carry your hindrances right on with you. Keep growing. They will not hurt you, they will make you stronger.

Authority can be conferred upon you, but not wisdom. It has to be

Efficier

SUMMER CARE OF BRE

Many poultrymen, as soof hatching season is over, beg glect the breeding stock. I serious mistake. Much of y cess the next year depends good condition in which t birds are kept: Often the fe duced at this time as well as Any one feed alone will not breeders in the best of cond they are made to forage for their feed, be sure they ha feed at night consisting of two grains, preferably c wheat or corn and oats. Co alone, is too fattening, and birds are not in good cond are susceptible to disease. It is just as important to I

larly at this time of the year if you wish to get a good eg tion during the summer mon cially the forepart before The health of the fowls plenty of water during the of summer. Don't overlook

once a week. If during the breeding s birds have been yarded, it let them out on free range breeding season.

the drinking vessels each di

and out, and scald with boil

Oyster shells and grit are sary now as ever. One oyster shells will furnish en for the shells of about eig eggs. In some sections of the where limestone is present. obtained by the fowls on rasufficiently hard to meet til and commercial grit must be Grit composed of quartz or the best. Oyster shell show used as a substitute for gri not hard enough.

WAYSIDE DELICATESSE

omething out of the ord the produce you have on Every one is familiar "stands" along the count where you can buy fresh ! or fruit, eggs and poultry, only recently that I came a farm girls who are trying thing new. They explained that they

a man who was in the ice of ness and who was about to tell the percentage of profit galion of ice cream which "Well it is the same thing made-up product," he admake up your eggs into sal ing and put the finished pr for sale and see what your

"It gave us the idea for "What time of day do people drive past here? Wh cooked commodities that per our farm supply us with I tinuously? What quantitie we prepare? These were so

POTATO CHIPS, CRULLERS, 'We found that the greater of people passed between the four and eight in the late I so decided to keep open at I We advertised our location was a mile and a half from on a graveled road, and adj few made-up dishes such dressing, apple pic, cakel chips and crullers, as well

We placed a question is gateway and people were write their wants, and sugge how we could fill them, and I their requests in the box. "Our trade commenced.

careful to study store prices? foods, and kept in touch wit prices on garden stuff, bu We counted the time making cake, salad dressing pie, besides the actual cost i tals used. We also figured overhead of advertising, if selling, and the price of cal containers used in putting! terials up for sale.

"Figure out, if you can, a you will receive from a bust tatoes if you sell them in the potato chips. Or count up of a peck of apples if sol Deduct, too, the time it tw in getting these to market waste you might have if fust selling to a town stone,

PICNE LUNCHES. "We logan to develop new seen as our trade began. put up individual pienie asked a girl who often wet crowd of young people to the mile farther on. 'Ye we' "if the order is given the da Thus we built up a piente to also learned that pie sold if brings even more than a s But we kept our service hou from four to eight, for we afford to take time from our dishes to wa , on tra

"Then our signs we offer house is in the centre of