

You Will Enjoy "SALADA" GREEN TEA

The exquisite flavor indicates the perfect blending of choice teas.
Ask for a package today.
FREE SAMPLE of GREEN TEA UPON REQUEST. "SALADA," TORONTO

Woman's Sphere

THE PATH TO BEAUTY.

After all, a woman's most sincere friend and remorseless critic is her mirror. When it tells her that she is looking well, that her back hair is becomingly arranged, and that she is really very good to look at, she may go upon her way, confident and well poised, serene in the knowledge that although beauty may be only skin deep, it is a very comforting possession.

On the other hand, when friend mirror declares that her face is showing faint lines, that her skin is losing the firm contour and tints of youth, and that she is rapidly assuming something suspiciously resembling a double chin, she knows she must proceed at once to take the necessary steps to check the ravages of time.

Good looks are so great an asset to a woman that the time which she spends on their preservation should no more be regarded as wasted than the time devoted to the care of her teeth or bodily health.

A smooth healthy skin, clear complexion, shining hair and well-kept hands bestow upon their possessor a certain confidence and ease and most certainly add much to her happiness and contentment.

These attributes to beauty are within the reach of every woman who is willing to work a bit to secure them; therefore, if your mirror tells you that old Father Time is beginning to adorn your face with his telltale lines, you will very wisely prepare to do battle for your good looks.

The city woman, with time on her hands, will go to a reliable beauty specialist, where she will receive a treatment that will bring back the glow of youth to her cheeks, soften her skin and brighten her eyes. Regular clients of the beauty specialist spend an hour a week in her comfortable chair, whereas real seekers of beauty are even more frequent patients.

But it is possible to keep one's good looks, even if one dwells in the desert, for every one of the beauty specialist's methods may be followed at home if one will devote just a few moments night and morning to good looks; and a very satisfactory little home course of beauty treatments may be evolved.

All that will be necessary in the way of equipment will be two or three pads of absorbent cotton, a good cleansing cream, a skin tonic, which may be nothing more than witch hazel, a skin food, perhaps also a vanishing cream and the puffer, of which more, shortly.

At night, just before going to bed, the face should be cleansed carefully with a pad of cotton dipped in diluted witch hazel, then into the cleansing cream, following the motions adopted by the beauty specialist.

This treatment should be followed by a brisk patting with the puffer moistened in ice-cold water. This will awaken the tired and sagging muscles. Then, if her pores are large and conspicuous our woman may apply a special pore cream that will in time make them less noticeable, or perhaps eradicate them, or she may simply use a skin food, leaving enough on her face to feed the hungry cells while she sleeps.

In the morning she will cleanse her face with the cream and skin tonic, putting on a little vanishing cream.

WRIGLEYS After Every Meal

It's the longest-lasting confection you can buy—and it's a help to digestion and a cleanser for the mouth and teeth.

Wrigley's means benefit as well as pleasure.



This forms a protection for the tender tissues and if the day is spent in the open, drying winds will not harm her skin nor will it be possible for the dust raised by household tasks to clog the pores.

Any superfluous cream is gently blotted off with a soft cloth and the icy puffer fanned over the face to stimulate circulation. A dusting of powder will remove any shine left by the cream.

It's all very easy, you see—none of the steaming and hot packs that once were deemed necessary. Just soft cooling creams to nourish and protect the skin from the effects of wind and weather, plenty of pure, ice-cold water or ice, and one is equipped correctly to do battle with Father Time.

It is very important, however, that the creams and tonics be applied correctly. The beauty specialist has studied the structure of the face and knows that every stroke of her fingers must be just right. Cream that is merely slapped on and then rubbed in in any fashion will not benefit the skin as it should or produce the desired results. The movements must be upward and outward, coaxing the wrinkles and lines away from the mouth and eyes.

Select the powders and creams with the utmost care; be very sure that they are pure and fine. An astringent is excellent, as it closes the pores which the cleansing cream opens, and a boric-acid wash for the eyes after the beauty treatment will leave them refreshed, rested and bright.

The cotton pads are merely folds of absorbent cotton. The puffer is a square of absorbent cotton placed in a basin of cold water, and folded under the water so that a firm surface is obtained; when finished it is about four inches long and two wide. Use the puffer by holding one end of it in the hand and slap the face briskly by flapping the other end against the skin. Ice is very beneficial to the skin; it makes the muscles firm and awakens the sluggish circulation. Use it after the massage and you will need no rouge.

RONDEAU OF A HOT STOVE.

"When winter comes," says Ma, "I'll go to where the summer's overflow."

Of all the things our garden grows; Our berry patch; our orchard too; Stand waiting in a shining row.

"Stop my pantry shelves. You know, They're pretty, even as they grow, But prettier, I'm telling you, When winter comes!"

"But stoves are hot in summer, so There's many hunts the portico, And fans themselves, and takes the view;

(I understand their feelings, too!) The same hot stove's a blessing, though When winter comes!"

SECOND-DAY SANDWICHES.

When sandwiches have been left over and have become slightly dry, place them in the toaster and toast lightly on both sides. Serve at once.

The heat will freshen up the sandwich as good as new and will make a titbit, often more appetizing than the sandwich was in the first place.

One point to observe is to serve the sandwiches in a very neat and attractive manner, perhaps cutting them into triangles. If there has been lettuce in the sandwiches, this should be removed, and if it is at all wilted, replace with fresh lettuce before the toasted sandwich is served.

KEEPING CURED MEAT. When hams, shoulders, or other pieces are taken out of the brine and dried, sew each piece in a taut covering of cheesecloth, and brush it all over with melted paraffin.

When taken out of this covering, the meat emerges clean and there is no loss of meat or time in getting the paraffin out of the crevices.

PAPER LIGHTERS.

The little old-fashioned paper lighters are convenient when using a gas or oil stove, where you can light one flame from another, and they save striking a match every time. Cut newspaper into strips an inch wide and about a foot long and start at one corner to roll diagonally. Turn over the top when done. They must be rolled tightly. We always keep a lot of them handy.

Minard's Liniment Heals Cuts.

PENNY PLAIN

BY O. DOUGLAS

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

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CHAPTER VII.—(Cont'd.)

"What does Mr. Jewett do?"
"I don't think he does anything much: taps the barometer, advises the gardener, fusses with fowls, potters in the garden, teaches hardy dog tricks. It makes him happy to feel himself a rushed, and to go carrying unopened letters at tea-time. They have no children. Mrs. Jewett is a dear. She collects servants as other people collect prints or old china or Sheffield plate. They are her hobby, and she has the most wonderful knack of managing them. Even now, when good servants seem to have become extinct, and people who need five or six are grubbing away miserably with one and a charwoman, she has four pearls with soft voices and gentle ways, experts at their job. She thinks about them all the time, and considers their comfort, and dresses them in pale grey with the daintiest spotted muslin aprons and mob caps. It is a pleasure to go to the Jewetts for a meal, every thing is so perfect. The only drawback is if any one makes the slightest mark on the cloth one of the silver-grey maids brings a saucer of water and wipes it off, and it is apt to make one nervous. I shall never forget going there to a children's party with David and Jock. Great-aunt Alison warned us most solemnly before we left home about marking the cloth, so we went rather tremblingly. There was a splendid tea in the dining-room, with silver candlesticks and pink shades, and lovely china, and a glittering cloth, and heaps of good things to eat—grown-up things like sandwiches and rich cakes and macarons and such like. Jock was quite small and loved to eat even more than he does now, dear lamb. A maid handed round the egg-shell china—if only they had given us mugs and a housekeeper! Miss Janet and Miss Phemie, I don't know what Priorsford would do without these good women. Spinners they are, but they are also real mothers in Israel. They have time to help every one. Benign Miss Mary is the house-keeper—and such a housekeeper! Miss Janet is the public one, sits on all the Committees. Miss Phemie does the flowers and embroiders beautiful things and is like a tea-cozy, so soft and warm and comfortable. Some-thing they always seem to be doing when you want them. You never go to their door and get a dusty answer. There is the same welcome for every one, gentle and simple, and always the same many jokes about it that stiffness vanished from the party, and we all became riotously happy. And Mrs. Jewett, whose heart must have been wrung to see the beautiful table ruined at the outset, so mastered her emotion as to be able to smile and say no harm had been done. . . . You must go with me and see Mrs. Jewett, only don't tell her anything in the very least; she weeps at the slightest provocation."

"Tell me more," said Pamela—"tell me about all the people who live in those houses on the hill. It's like reading a nice Cranford book."
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Mother's prescription

JOHNNY is taking a prescription. His careful mother—the family health doctor—ordered it. Her daily ounce of prevention—Lifebuoy Soap—works wonders in combating disease.

Every day your children touch dirty objects and cover themselves with germ-laden dirt. Give them Lifebuoy—the health soap.

Lifebuoy protects

The rich creamy lather of Lifebuoy carries a wonderful health element deep down into every pore. The skin is completely purified, and cleaned—delightfully stimulated.

LIFEBUOY HEALTH SOAP

More than Soap—a Health Habit

The odour vanishes after use, but the protection remains.

LEVER BROTHERS LIMITED, TORONTO Lb-4-22

to do; we haven't even mills like so many of the Tweedside towns."

"Will people call on me?" Pamela asked. "Is Priorsford sociable?"

Jean pursed her mouth in an effort to look worldly-wise. "I think you will find it sociable, but if you had come here obscure and unknown, your existence never would have been heard of, even if you had taken a house and settled down. Priorsford hardly looks over its shoulder at a newcomer. Some of the 'little' people might call and ask you to tea—the kind 'little' people—but—"

"Who do you call the 'little' people?" "All the people who aren't in a large way, all the dwellers in the snug little villas—most of Priorsford, in fact." Jean got up to go. "Dear me, look at the time! The boys will be home from school. May I have the book you spoke of? Priorsford would be enraged if it heard me calmly discussing its faults and foibles." She laughed softly. "Lewis Elliot says 'Priorsford is made up of three classes—the dull, the daff, and the devout.'"

"Pamela, looking for the book she wanted to lend to Jean, stopped and stood still as if arrested by the name. "Lewis Elliot?"

"Yes, of Laverlaw. D'you know him, by any chance?" "I used to know a Lewis Elliot who had some connection with Priorsford, but I thought he had left it years ago."

"Our Lewis Elliot inherited Laverlaw rather unexpectedly some years ago. Before that he was quite poor. Perhaps that is what makes him so understanding. He is a sort of distant cousin of ours. Great-aunt Alison was his aunt, too—at least, he called her aunt. It will be fun if he turns out to be the man you used to know."

"Yes," said Pamela. "Here is the book, Jean. It's been so nice having you this afternoon. No, dear, I won't go back with you to tea. I'm going to write letters. Good-bye. My love to the boys."

But Pamela wrote no letters that evening. She sat with a book on her knee and looked into the fire; sometimes she sighed. (To be continued.)

THE MAGNET CIRCUS.

For the boy who has outgrown blocks or for the convalescent, there is probably nothing which will furnish more entertainment than a large powerful horseshoe magnet and a box of assorted nails—preferably of the smaller sizes.

With the nails may be built swings with tacked children swinging in them, and trapezes for the most exciting acrobats. On the top may be built an Indian wigwam with weather vane atop, and a horizontal bar with its crew of acrobatic actors.

Even cats and dogs may be made with tacked legs and ears, a nail body and a shoe-tack tail.

THE KITCHEN SHEARS.

Keep a pair of clean, sharp shears hanging on a convenient hook in the kitchen. You will find them the greatest possible convenience for many unexpected purposes. They are much better than a knife for trimming off the rind of bacon. They are especially desirable when snipping up marshmallows for a salad, and often save getting out a chopping knife and bowl when only a few pieces of green pepper or other garnish is to be cut in strips or small pieces. The shears should always be wiped and hung up where steam will not strike them to cause rust.

IT SAVES MENDING.

It always worries me to see the corners of tablecloths, sheets or blankets flapping on the line in a strong wind, for I know it means that these same corners will be frayed and worn. On a really windy day, I always double these large pieces lengthwise and pin the four corners to the line.

The main line is usually open for the fellow who travels with a full head of steam.

David and Jonathan in Feathers.

One cold fall day, "Uncle Jack" Miner, who delights in feeding the great flocks of Canada geese that come each spring and autumn to his home grounds, saw a wounded gander floating on the pond outside his house. A charge of shot had smashed its wing, and it would never fly again. To save the gander's life "Uncle Jack" amputated its wing. The bird stood the operation well and soon was able to enjoy its food and swim round with the others.

But winter was coming. The geese must resume their long journey to the south. It seemed that the injured bird would soon be left alone. And then a strange thing happened. One gander evidently companion. The two were evidently friends, and the brave bird would not desert his chum, though instinct told him it was time to go, and though thousands of his fellows were filling the air with their clamor as they left the pools.

To stay meant that the gander would sacrifice the freedom so dear to all wild creatures. Probably never again would he join the long wedges of his comrades on their journeys. Never would he find among them a chosen mate. No, he would live like a tame goose, and in the cold weather he would be shut up in a barn with the poultry.

The two wild geese were not a pair, remember. The Canada goose mates for life, and for the male to stay with his injured partner would not have been strange. But those two were ganders, "just friends."

The remarkable friendship was the talk of the country side. The neighbors called the wounded bird David, and his devoted friend Jonathan. No wonder David loved Jonathan! No wonder they were always close together as the nights grew longer and the days colder till all the ponds were frozen.

Something very practical resulted. Because of the interest aroused by one-winged David and loyal Jonathan the residents of the district petitioned the government to have the land for two square miles round reserved as a bird sanctuary in which no hunter should be allowed to shoot. The government agreed, and now, thanks to Jonathan, each year many thousands of his species enjoy protection there.

Poor Jonathan! He had yet to pay the full price of his friendship. At dusk one evening a great owl came swooping down to prey upon the defenceless David. It was Jonathan that rushed to the rescue, Jonathan that with flapping wings and angry hiss put himself in the forefront of the battle.

An act of pure self-sacrifice! Escape was easy for him, for no owl would pursue him far through the air. But he chose to stay and fight for David's life. The owl was bold and fierce. Unable to reach its easy victim, it got a grip on Jonathan's head with its cruel talons and drove them into the gander's brain.

Mr. Miner, who was too late to avert the tragedy, set a trap among the feathers of Jonathan's poor, torn body, and when the owl returned to its feast it was caught and killed.

Next day the telephone bell rang frequently as neighbors called up to inquire about the death of Jonathan and to express their sympathy. Just a wild goose! One of the millions that fly to and fro between the far north and the sunny south! But what a friendship!

Real Education.

In the first days of summer a great many young people are trying to sell to the world the training they received at school and college.

They have been forewarned that they cannot expect a door ajar the moment they knock. And they have been forewarned as well with all that books and pedagogues can impart.

But now they must learn for themselves that fire burns and water drowns and they must depend on their own wit and will. Their true education is beginning.

We are told of certain great men that they lacked formal schooling. Yet it is clear from what they did that they were forever learning. Pain and adversity may have taught them more than ease and pleasure, though instruction need not always be a bitter medicine.

Life itself is the great school for life. That harsh taskmaster, experience, whose rod is ever lifted ready to fall, has pupils of all ages and every social condition. Those who crumple and give up beneath the punishment are the weaklings and quitters; those who accept the discipline as a salutary chastening and apply the lesson are those whose ultimate success is assured.

If you can meet with triumph and disaster then you have had an education that serves you well.

For the mere piling of fact on fact is but the mechanic element of training. The accumulated data matter little until by an inductive process something is made of them. As long as the facts remain mere raw material and are not used to mold a character and shape a destiny, the teacher's work is incomplete and the object of the pupil's education remains unrealized.

There were eight Crusades conducted into the Holy Land.

Efficient

SIMPLE RULES FOR CULLING. We know that it is every flock has been laying heavily through the winter and spring the prod begins to drop off quite material July.

Among well cared for hens this thing off in production is due to reason only, and that is that the turkey poor birds, the nonprod cull laying early, but the net heavy-laying hens keep right on laying throughout the summer and the early fall.

The problem of culling is to get at the flock those poor as they stop laying during the mer months.

The problem of culling simply solves itself down to one question: she or isn't she laying?

It has been found that the success of the hen is closely influenced by egg production. The birds' their appearance very much when they are in heavy-laying time, as against their periods of laying, so all we have to do in order to determine the cull is to determine the appearance of external characters which indicate non-production and production.

The art of culling is simple, one wishes to go into it and a very careful study, it is possible to predict with great accuracy, whether a hen is laying or not how she has been laying, how many eggs she has laid and how long she will continue to lay.

These more technical points, however, require long study and experience. To the every-day keeper, certain simple rules and cautions are all that are necessary.

By far the simplest character study in culling is that of the When the ovaries are active and are being produced in abundance comb is large, swollen, bright, cool, warm to the touch and tendency to stand erect.

This is due to the large quantity of blood which is circulating through the comb. When, however, ovarian activity ceases, the comb shrinks rapidly, it becomes cold and dry to touch and it becomes shrunken covered with a whitish deposit, is dead skin tissue.

So, if you are looking to sell the culls, look first at the small shrunken, thin, cold comb, are not laying.

All pullets as they are commencing, if they are of the skinned, and yellow skin after a while and have been well grown abundance of yellow pigment bodies. This is evidenced in the skin color, in the shank and, in the white ear-lobe variety in the ear lobe itself.

As this pullet comes into lay condition and begins to produce rapidly, it has been carefully of that this yellow color disappears from the skin, especially in the vicinity of the vent, then from the shank and finally, after a few weeks' rest, the shank will be free from its rich yellow color.

The degree of pigmentation used then as direct evidence in the vent and ear lobes are in all probability laying.

If, however, the vent is yellow by yellow skin and the ear lobe yellow in the white ear-lobe variety and the shank yellow, the bird is resting and has been for some time.

So, use the degree of the yellow in these sections then, as indication first of present laying also of past performance.

One of the best evidences of or nonlaying is the condition of the vent. In periods of reproduction it is much enlarged. It is moist and oval in shape, whose periods of dormancy or nonproduction the vent is shrunken, the skin is layered with fat, it represents a circular shape and is dry.

Just take a couple of birds, as you think one is laying and one is not, and examine the vent fully to see how pronounced the difference is.

When eggs are being produced rapidly, the abdominal section bird's body is enlarged. It is pliable to the touch. There is considerable spread between the bones or the lower thin points pelvic arch. There is considerable distance between these pelvic bones the rear of the keel. The skin to the touch.

When any bird ceases to lay, the abdominal section is active, the abdominal section is shrunken and shrivel. The skin is dry, thick and hard.

Just lay your hand on the side of a heavy-laying hen and watch the fingers feel the looseness and pliability of this section, and compare the same condition.