Young Tender Leaves

and tips used in

GREEN TEA

are sealed in air-tight aluminum foil. Their fresh flavor is finer than any Japan or Gunpowder. Try SALADA.

Woman's Sphere

should take not less than six glassfuls

bulky food is necessary in order to

dishes at one meal. The ideal meal

consists of a few well-chosen foods

PLANNING THE MEAL.

The following food combinations are

suggested: With meats and fish, serve

one starchy vegetable and one green

vegetable; the latter is often served

in the form of salad. Bread in some

apple sponge, Spanish cream, cus-

man fried or creamed, or sweet po-

tatoes baked or browned; the other

vegetables should be the same as for

meringue, ginger ice cream, pumpkin

BREAKFAST AND LUNCHEON.

A PRACTICAL SHIRT MODEL.



5001. Linen, cambric, percale as form is also required. well as silk, madras and flannel may With roast beef serve macaroni, or be used for this design.

The Pattern is cut in 11 sizes: 131/2, ed or scalloped, and any of the follow-14, 141/2, 15, 151/2, 16, 161/2, 17, 171/2, ing vegetables: eggplant, cauliflower, 18 and 181/2 inches neck measure. To Brussels sprouts, tomatoes (stewed or make the shirt for a 15-inch size, with scalloped) onions, squash, green corn, long sleeves will require 3 yards of beet greens, new beets, peas, or salsify. tries have been unable to satisfy the worked in it diligently. It was his

Pattern mailed to any address on If a salad is served, choose endive. receipt of 15c in silver, by the Wilson cress, celery or lettuce with French Publishing Co., 73 West Adelaide St., dressing, or serve cole-slaw. The des-Toronto. Allow two weeks for receipt sert should be a light one such as pineof pattern.

Send 15c in silver for our up-to- tards or baked apples with cream. date Fall and Winter 1924-1925 Book With beefsteak or lamb chops serve Justice Must Decide if Woman potatoes baked, French friend, Gerof Fashions.

MIXING FOODS WITH BRAINS.

The housewife who thinks of food roast beef. Suggested desserts include in groups and can classify the groups, cottage pudding, prune whip, Dutch Every food can be put in one of five cookies. groups, and each of these groups con- With stewed or braised beef serve tains some substance necessary for boiled potatoes, parsnips, turnips, the nourishment of the body. Some carrots, onions, peas or beans and food from each of the five groups horseradish. For dessert serve apple, should be included in the daily diet, prune or cranberry pie, gingerbread breakfast, dinner and luncheon or or chocolate cake with whipped cream. supper affording opportunities for! With boiled mutton serve caper

using foods from the various groups. | sauce, and with mutton or lamb stew Group I includes foods containing serve boiled potatoes, turnips, salsify, mineral substances and organic acids. onions, carrots, cauliflower, Brussels In this group are spinach, lettuce, sprouts or string beans. Suggested peas, string beans, tomatoes, turnips, desserts include rice pudding, baked carrots, cabbage, onions, and other tapioca pudding or fruit shortcake. vegetables, apples, pears, oranges, With roast lamb serve mint sauce grapefruit, berries, other fruit, and or mint jelly, potatoes and green peas, fruit gelatin.

Group II includes foods which con- summer squash, new turnips or aspar-

Group III is made up of the foods With roast mutton choose from the which contain starch, such as flour or same vegetables as for roast beef; meal mixtures, bread, crackers, mac- serve also red currant jelly, baked aroni, rice, tapioca, cereal breakfast bananas, or banana or pineapple fritfoods, other cereal food and potatoes. ters. Instead of dessert serve toasted

Group IV includes the foods con-crackers, cheese and celery. taining sugar. In this list we find | With roast chicken or turkey serve syrup, honey, preserves, jellies, dried mashed white potatoes, browned or fruits, candy, sugar and frozen fruits candied sweet potatoes, hominy, rice, squash, onions, celery (raw or cream-

Group V includes the foods contain- ed), sweet pickles, jelly or cranberry ing fats; these are butter, cream, lard, sauce. For dessert serve ice cream salt pork, bacon, chocolate and vege- sherbet, pumpkin pie or steamed

THE BEVERAGES.

Tea and coffee are classed as bever- sweet potatoes, squash, onions, spin- "Pretty heavy penalty, don't you ages and are not necessary for our ach, creamed cabbage, scalloped to- think?" well-being. We do require water and matoes or parsnips, and apple sauce. For dessert serve baked Indian pudding, bread pudding with jelly and

"DIAMOND DYE" IT



ing and tinting is pickles. For dessert serve sliced pine- Robert Brown, the staunch patriot in cold water to tint potatoes and buttered beets; follow amount. tions so simple any a perfect dinner. woman can dye or

tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hang- bacon and eggs, or some other meat William Strange, the eccentric but

Buy "Diamond Dyes"-no other kind -and tell your druggist whether the mand coffee, make cocoa for the chilsilk, or whether it is linen, cotton, or mixed goods. per depends upon the season. Thick

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good in cold weather, while salads are more appetizing in warm weather. Cold meats, baked beans, dishes made from left overs, eggs in various ways, scalloped dishes, chowders and milk toast are excellent. Strive for variety in bread, serving rye, brown or entire wheat bread, nut or raisin bread frequently, and occasionally serve rolls of various kinds and muffins.

The Sun as Your Doctor.

Have you noticed how the weather

affects your health? Doctors are realizing more and more that changes of weather cause changes in the human body. They say are important factors in our health. The study of the relations between hair falling over a broad brow. health and weather has become a new When, after a minute, she handed it

Different kinds of weather affect likeness was wonderful. different people in different ways, but as a rule we feel better when the sun in his eyes as if he were telling you ness or burning zeal, nothing but a or that she had been simply deaved now learning that the benefits of such he fell three years ago. . You've the silence with a question: a change are greater even than they often heard Mrs. Macdonald speak of a day, in addition to watery foods, such as fruit (which provides water in its purest form), succulent vege-

provide the roughage without which suit the weather and climate. Bad You know that odd little poem: building foods are found in Group III. Variety tempts the appetite and can easily be obtained by changing the quently, in winter, when darkness "'And Mary's the one that never liked And Duncan had nodded his head and method of preparation or by a change air, many of us lead unhealthy lives.

Another discovery made by "clima-

tologists" is that sunshine has a won- Death and Duncan seem such a long derful healing effect in such diseases way apart. Many people are so dull as tuberculosis and rickets. The direct and apathetic that they never seem perfectly cooked and properly served. ray of the sun on our bodies forms a more than half alive, so they don't treatment which is being given more leave much of a gap when they go. frequently every year.

importance in deciding the situation The end of the day will mean Dunof hospitals, sanatoria and convales. can. I am glad you thought about get-

potatoes browned with the meat, mash- One Dollar a Pound for Tea

popularity of tea as a beverage has den 36-inch material. With short sleeves Brown gravy and horseradish quite demand. The price of tea has been doctor, he said. When his mine got steadily increasing for a number of stale and sermon-writing difficult, years. Since, however, you can make when his head ached and people befrom 250 to 300 cups of tea to the came a burden, he put on an old coat pound, even at the price of \$1.00 the and went out to dig, or plant or mow

is "Person."

Is a woman a person? This quest the silver of Tweed. the Department of Justice.

has solved an important problem. apple cake, canned fruit and oatmeal couver, who has been operating a salary, and on this he and his wife small vessel for five years in British had brought up four sons who looked, of the most pessimistic utterances, Columbia waters, wrote to the Depart- as an old woman in the church said, for she was able to see the humorous ment of Marine and Fisheries appeai- "as if they'd aye got their meat." examinations which would qualify her at every meal for any casual guest, for the position of captain of their and a spare bedroom looking over boat. Mr. Hay added that his wife Tweed that was seldom empty. And had assisted him in the operation of there had been no lowering of the dig- like a few new-laid eggs or a pot of the boat for some years, and that the nity of a manse. A fresh, wise-like,

referred to the Department of Justice in service with the Macdonalds since even the tiniest gift." statute on this matter says: "Exam- would have added that she never could inations may be conducted for British have managed without Agnes. subjects, or for persons domiciled in The sons had worked their way with them; dull people came to her because however, it is merely a measure of string beans, spinach, beet greens, fish, oysters, milk, cheese, eggs, dried rhubarb pie, chocolate eclairs, brown

Mrs. Hay a person? Also, if mistress government of their country. One was local and college, and now three of their country. One was local and college, and now three of their country. One was local activities and beauty something and beauty something. legumes (beans, lentils and peas), Betty made with rhubarb, spongecake is the feminine of mate, what is the



Not Heavy for the Offense. dollars for giving a girl the once over

With roast pork serve white or while on the street in his car."

"Not for running a girl down, no."

Our Unknown Heroes. We are a forgetful people, and our

pie, or steamed fig pudding with lemon greatest men often have no memorial. With baked fish, serve Hollandaise For instance, where are the statues to A BEAUTIFUL COLOR sauce, or drawn butter, sliced toma- the following heroes of humble life? toes or cole-slaw, mashed potatoes and James Smithson, the man who fearpeas. Cheese souffle, crackers and lessly admitted before his friends that celery may follow. With creamed fish, he hadn't got a wireless set and never Perfect home dye serve hot crisp rolls and olives or intended to have one.

guaranteed with Dia apple and a simple cake. With cream- who sent in his income tax on the first mond Dyes. Just dip ed salt cod-fish, serve baked or boiled demand, and refused to dispute the soft, delicate shades, with toasted crackers, cheese and let- Thomas Jones, the only British citi-

or boil to dye rich, tuce salad with French dressing. With zen who is known to have hit his soup for the first course, bread, but thumb, missed his train, and lost his Each 15-cent pack soup for the first course, bread, but collar-stud without uttering a word. Richard Pype, a simple, honest plumber who attended a job without forgetting a single one of his tools,

Breakfast should include fresh or and afterwards suffered untold torture stewed fruit, a cereal, eggs alone, or from his indignant comrades. dish (not too heavy), bread, rolls, heroic citizen who always accompanfierce struggle outside Messrs. Self-What to serve for luncheon or sup- grove's store on their sale day.

soups and soups made with milk are Minard's for Sprains and Bruises.

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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very important because he was help-

ing his father. He had called the big

And it was in the garden that he had

said good-bye to him that last time.

He had been twice wounded, and it

was hard to go back again. There

the old minister had repeated:

induce their father to retire from the

ministry. "I'll give up when I begin

to feel myself a nuisance," he would

say. "I can still preach and visit my

die in harness, with the sound of

Mrs. Macdonald was, in Bible words,

miserable if she had nothing to be-

Her popularity was immense. Sad

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sheaves

Rejoicing will return."

long look at Cademuir.

CHAPTER XX.-Continued.

Jean took the miniature and looked that sunshine and rain, cold and heat, at the pictured face, a laughing boy's clump of azaleas "the burning bush." He had always been a funny little face, fresh-colored, frank, with flaxen

science, which is called "climatology." back she assured Pamela that the

"She has caught it exactly, that look

well. Temperature, the amount of others are frighteningly clever, but tables and soups. A certain amount of moisture in the air, the height above Duncan was a lamb. They all adored sea-level—all these things can affect him, but he wasn't spoiled. . . . Life Not only has weather a direct in- even now think of him as dead. He In going forth doth mourn, one also. Our lives are arranged to imagine him lying still—quenched.

> angel stories. And Mary's the one that's dead. . .

" turn." And he had taken another But Duncan- The Macdonalds are In the same way, the study of weath- brave, but I think living to them is er reports has become of increasing just a matter of getting through now.

such nice thoughts, Pamela." The Macdonalds' manse stood of The tremendous increase in the house of grey stone in a charming gar-

ting the miniature done. You do have

cost per cup is only one-third of a cent. the grass. He grew wonderful flowers, and in July when his lupins were Tweed in my ears." at their best, he took a particular pleasure in enticing people out to see the effect of their royal blue against

tion is now engaging the attention of He had been a minister in Priorsford for close on forty years and had A short time ago W. W. Hay of Van- never had more than £250 for a ing for the right of his wife to take There had always been a spare place reason she sought captain's papers middle-aged woman opened the door

was that his eyesight was defective. to visitors, and if you had asked her say, "what a satisfied feeling it gives The question of her application was she would have told you she had been you to come away from a place with because a point of law was raised. The she was fifteen, and Mrs. Macdonald

nuts, cocoa, custards and ice cream with strawberries or a fruit roly-poly feminine of captain?

Setty made with rnubard, spongecake is the feminine of mate, what is the in London, two in India—and Duncan to her, for, though she sighed and lay in France, that Holy Land of our warned them that nothing lasted in

this world, her eyes shone with plea-It was a nice question his wife used sure, and her interest was so keen that to say before the war (when hearts every detail could be told and diswere lighter and laughter easier) cussed and gloated over with the comwhether Mr. Macdonald was prouder fortable knowledge that Mrs. Macof his sons or his flowers, and when, donald would not say to her next visitas sometimes happened, he had them all with him in the garden, his cup of content had been full. And now it seemed to him that All hand made—they are beauties—

when he was in the garden Duncan latest tapestries and mohairs. We was nearer to him. He could see the will save you money. Prices and "Brown was fined several hundred little figure in a blue jersey marching samples on request. Freight prepaid. along the paths with a wheelbarrow. J. S. Fagel, 516 Danforth Ave., Toronto

Let the

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is shining. Damp is an enemy of it aws 'fair time of day' with him. Oh, dogged determination to see the thing with talk about So-an-so's engagement.

On this theory, jazz music, for expectation of the control of the health; a cool, bracing day a friend. dear Duncan! It's fair time of day through. They had stood together Mrs. Macdonald believed in speak- ample, would be of greater upbuilding Doctors frequently order their patients with him now, I am sure, wherever he looking over Tweed to the blue ridge ing her mind—if she had anything value than classical music, if the ina "change of of scene," and they are is. . . . He was twenty-two when of Cademuir, and Duncan had broken pleasant to say, and she was some dividual preferred jazz to the classical property of the clas times, rather startling in her frank. cal. Recent experiments by two had thought, because a change of scene her sons. Duncan was the youngest usually means a change of climate as by a lot of years, the haby "What's the psalm, Father, about ness to strangers. "My dear, how American psychologists-H. T. Moore girl visitor, or, "Forgive me, but I takably that such is not the case. must tell you I don't think I ever saw Their experiments, to state the mat-And with his eyes fixed on the hills

was such a joke to Duncan. I can't "'That man who bearing precious seed no comfort in their new clothes until bodily effects derivable from jazz diftion follows. The fuel foods include one also. Our lives are arranged to at the church door some congregation- vantage in the main to the 'atter. al matter would be discussed; then, at For the purposes of these experiparting, a quick touch on the arm and ments, two jazz pieces and two classi--"Most successful bonnet I ever saw cal selections were repeatedly played, said, "That's it. 'Rejoicing will re-

look as young as your daughter." Many wondered what had kept such a man as John Macdonald all his life ter and his wife in the garden. Mr. pulse beat, strength of grip, and speed in a small town like Priorsford. He Macdonald was pacing up and down of tapping. Also, during the playing, did more good, he said, in a little the path overlooking the river, with his photographs were taken to show the next Sunday's sermon in his hand, posture and facial expression. but the real reason was he knew his while Mrs. Macdonald raked the grav- Only in one respect did the jazzhealth would not stand the strain. For el before the front door (she liked the pieces hold an advantage throughout. place kept so tidy that her sons had They quickened the pulse beat, it was a particularly painful kind of rheubeen wont to say bitterly, as they found, by 21/2 beats per minute more matism. He never spoke of it if he spent an hour of their precious Satur- than did the classical music, and this could help it, and tried never to let it days helping, that she dusted the remained their effects from the first interfere with his work, but his eyes branches and wiped the faces of the test to the last. had the patient look that suffering flowers with a handkerchief) and car-Predicted Before Long or so below Peel Tower, a square ed, humorous smile, as if he were band which was of little profit, as the was likewise with the jazz. But this sixty-four. His sons, so far as they of her words. were allowed, had smoothed the way

"Wasn't that right, John?" she was it became apparent that the classical for their parents, but they could not saying as her husband came near her. (To be continued.)

The Hypnotic Tongue.

people, and perhaps God will let me American snake was described to the of Applied Psychology. During each Fellows of the Zoological Society by experiment a small group of auditors Miss Joan Proctor, F.Z.S., Curator of -always the same group-was photo-Reptiles at the London Zoo.

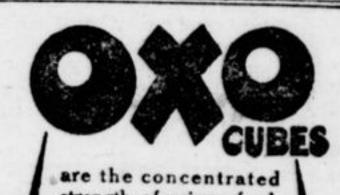
"succourer of many." She was a little stout woman with the merry heart that goes all the way, combined with correspond with the reptile's fore hearing the jazz commenting on the heavy-lidded, sad eyes, and a habit of head, cheeks, and under-jaw. The re- resulting sets of pictures, Profs. sighing deeply. She affected to take sult is that when the snake puts out | Moore and Gilliland point out; a sad view of everything, breaking insid of her own gloom. Mrs. Macdonald was a born giver; everything she possessed she had to share. She was

remain rooted to the spot. This uncanny fascination holds the "A comparison of the last two sets lizard enthralled for the remainder of it life—usually a matter of seconds.

"You know yourself," she would Minard's Liniment for the Grippe.

Antelopes will not eat clover hay which has the least mold about it.

people came to her because she sighed Canada at least three years, who in- bursaries and scholarships through she was never in offensive high spirits what the careless buyer can be induced or in a boastful mood-not even when to pay for it.



strength of prime, fresh beef. Use them to add flavor and nutriment to soups, sauces, gravy, stews, hash, meat-pies. Tine of 4 - 15c. and " 10 - 30c.

Guard Your Savings

MUSIC VALUES

By H. Addington Bruco.

Music, it is to-day pretty generally known, affects the entire human organism through its emotional appeal. It stimulates, it refreshes, it strengthens. Hence it is capable of being employed, and is frequently employed. for medical and other constructive, recreative purposes.

In the main, though, its employment has been governed by the musical preferences of the persons using it or the persons for whose benefit it is applied. That is to say, it seems to have been tacitly assumed that music values, so far as bodily stimulation etc., is concerned, inhere largely, if not chiefly in the individual's liking

ter in a few words, go to show that. The women in the congregation had apart from personal preference, the

you get," or "The coat's worth all the on five separate occasions, to a group money," or "Everything new, and you of about fifty college students. On each occasion, after the playing, vari-Pamela and Jean found the minis- ous tests were applied-tests as to

lessened with every repetition, until before the last experiment was made selections had the greater energizing

But most impressive was the evidence from the photographs, repro-The extraordinary tongue of a South duced with the report in the Journal graphed, once while listening to the The tongue has three colors which classical selections, and again while

its tongue the effect is as if the point- "A close inspection of the photoed snout itself had suddenly shot out graphs reveals some interesting coninto a strange and wriggling point. trasts of attitude. In listening to the From the snake's point of view the unfamiliar classical music there is result is all that could be desired. distinctly more tendency to lower the Lizards see their foe suddenly mak- head, to avert the gaze, and to assume ing the most remarkable grimaces and a slightly puzzled, uncomprehending attitude.

of photographs presents quite a different contrast. Note the greater erectness of posture, the greater directness of gaze, and other subtler evidence of interest definitely in favor of the classical records.

"So far as the photographic eviwith them and never tried to cheer measure of its quality; more often, produces an attitude favorable to the best type of morale, whereas familia zition with jazz makes for a listless attitude."

Of course, these experiments were made on a small scale, and with reference to only a few of music's possible bodily effects. Certainly, however, they merit the thoughtful consideration of all who would make application of music for curative or other ends, and certainly they blaze the way for similar experiments to ascertain contrasting music values.

Exploiting Noah's Mountain.

Though it is not among the very highest places of the earth, there are few mountains more famous than Ararat, where, when the waters of the Flood receded, the Ark came to rest "in the seventh month, on the seventeenth day of the month."

We are all familiar with this moun tain from the Bible narrative, but few of us have ever seen it or ever expect

Now, however, all this is to be altered. Plans are being made to build a funicular railway up the slopes of the famous mountain, and to make its snow-clad summit a pleasure resort. where winter sports may be enjoyed all the year round. So, if the scheme goes on, we may peresently see advertisements such as these: "Armenia's Switzerland. Try Noah's Country for Your Next Holiday. Winter Sports All the Year Round"; "Hotel Nosh; Winter Sports and French Crusine." Some of the old attractions of the place will have gone, however. The monastery at the foot of the mountain where relics of the Ark were on show twelve hundred years ago, has been destroyed by lightning and the world first vineyard and Noah's own vine have been buried under a mass of rock brought down by an earthquake.

Safety Education Urged. Education in safety and accident revention is called an escen-al

Efficient

CARE FOR THE COLT TO MAKE THE HORSE.

The time to commence the proper he is born. Not only in the selection of his sire and dam but in the care and management of the dam while pregnant. Strong, healthy foals can best be produced from healthy mares which are fed nutritious foods and given plenty of exercise, running in fields or paddocks or doing light work. It is difficult on many farms to find desirable work for brood mares, particularly in the winter, but when difficulty, and any mare is better working, provided care is exercised in seeing that she is not put in slipoverworked. Many foals have their chances ruined when their dams are overfed and under-exercised during the winter season.

best possible chance. Many springing during the winter months do not . mature to the size they should.

at five months, while if she is a good

great ease and rapidity

the litter is to change it and replace ing conditions become apparent

PREPARE A PLAN

A bare unattractive house brings no up th credit to its occupant. If all homes the were like those occasionally seen both groun in town and country places we would this be compelled to hang our heads in the essay presence of visitors from other lands, groun

Why should any home with a bit of mono ground present a stark uninviting aporther pearance? Few countries can boast of been as wide a range of hardy planting ma- both terial, and where can helpful informa- some formation on plants and cultural to se cieties stand ready at all times to help for su

One has only to attack the problem the p of beautifying his place to find assistion of tance on every side, and when once than i commenced the way opens for pro- prefer goding with the undertaking. Whe- expenther it be the plantng of a hedge, a It is clump of shrubbery, a hardy border, break or a few vines, some thought must be even s given beforehand, and this is the sea- position son for making the necessary plans. lishing

It should be borne in mind that angles sunshine is necessary for luxuriant as fou growth. No plant can flourish in the popular shade of huge trees. Not even grass and vir will thrive in soil filled, with the roots to app

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