

# Young Tender Leaves

and tips used in

# "SALADA"

## GREEN TEA

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

## Woman's Sphere

A PRACTICAL SHIRT MODEL.



5001. Linen, cambric, percale as well as silk, madras and flannel may be used for this design.

The Pattern is cut in 11 sizes: 13 1/2, 14, 14 1/2, 15, 15 1/2, 16, 16 1/2, 17, 17 1/2, 18 and 18 1/2 inches neck measure. To make the shirt for a 15-inch size, with long sleeves will require 3 yards of 36-inch material. With short sleeves 2 1/2 yards will be required.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

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

### MIXING FOODS WITH BRAINS.

The housewife who thinks of food in groups and can classify the groups, has solved an important problem. Every food can be put in one of five groups, and each of these groups contains some substance necessary for the nourishment of the body. Some food from each of the five groups should be included in the daily diet, breakfast, dinner and luncheon or supper affording opportunities for using foods from the various groups.

Group I includes foods containing mineral substances and organic acids. In this group are spinach, lettuce, peas, string beans, tomatoes, turnips, carrots, cabbage, onions, and other vegetables, apples, pears, oranges, grapefruit, berries, other fruit, and fruit gelatin.

Group II includes foods which contain protein. Lean meats, poultry, fish, oysters, milk, cheese, eggs, dried legumes (beans, lentils and peas), nuts, cocoa, custards and ice cream belong in this group.

Group III is made up of the foods which contain starch, such as flour or meal mixtures, bread, crackers, macaroni, rice, tapioca, cereal breakfast foods, other cereal food and potatoes.

Group IV includes the foods containing sugar. In this list we find syrup, honey, preserves, jellies, dried fruits, candy, sugar and frozen fruits or water-ices.

Group V includes the foods containing fats; these are butter, cream, lard, salt pork, bacon, chocolate and vegetable oils.

### THE BEVERAGES.

Tea and coffee are classed as beverages and are not necessary for our well-being. We do require water and

### "DIAMOND DYE" IT

A BEAUTIFUL COLOR



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

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

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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 that sunshine and rain, cold and heat, are important factors in our health. The study of the relations between health and weather has become a new science, which is called "climatology."

Different kinds of weather affect different people in different ways, but as a rule we feel better when the sun is shining. Damp is an enemy of health; a cool, bracing day a friend. Doctors frequently order their patients a "change of scene," and they are now learning that the benefits of such a change are greater even than they had thought, because a change of scene usually means a change of climate as well. Temperature, the amount of moisture in the air, the height above sea-level—all these things can affect our health.

Not only has weather a direct influence on our health, but an indirect one also. Our lives are arranged to suit the weather and climate. Bad weather keeps us indoors, and consequently, in winter, when darkness hampers our movements in the open air, many of us lead unhealthy lives.

Another discovery made by "climatology" is that sunshine has a wonderful healing effect in such diseases as tuberculosis and rickets. The direct rays of the sun on our bodies forms a treatment which is being given more frequently every year.

In the same way, the study of weather reports has become of increasing importance in deciding the situation of hospitals, sanatoria and convalescent homes.

With roast beef serve macaroni or potatoes browned with the meat, mashed or scalloped, and any of the following vegetables: eggplant, cauliflower, Brussels sprouts, tomatoes (stewed or scalloped), onions, squash, green corn, beet greens, new beets, peas, or salsify. Brown gravy and horseradish quite properly accompany roast beef.

If a salad is served, choose endive, cress, celery or lettuce with French dressing, or serve cole-slaw. The dessert should be a light one such as pineapple sponge, Spanish cream, custards or baked apples with cream.

With beefsteak or lamb chops serve potatoes baked, French fried, German fried or creamed, or sweet potatoes baked or browned; the other vegetables should be the same as for roast beef. Suggested desserts include cottage pudding, prune whip, Dutch apple cake, canned fruit and oatmeal cookies.

With stewed or braised beef serve boiled potatoes, parsnips, turnips, carrots, onions, peas or beans and horseradish. For dessert serve apple, prune or cranberry pie, gingerbread or chocolate cake with whipped cream.

With boiled mutton serve caper sauce, and with mutton or lamb stew serve boiled potatoes, turnips, salsify, onions, carrots, cauliflower, Brussels sprouts or string beans. Suggested desserts include rice pudding, baked tapioca pudding or fruit shortcake.

With roast lamb serve mint sauce or mint jelly, potatoes and green peas, string beans, spinach, beet greens, summer squash, new turnips or asparagus. Select dessert from custard pie, rhubarb pie, chocolate eclairs, brown Betty made with rhubarb, spongecake with strawberries or a fruit roly-poly (baked).

With roast mutton choose from the same vegetables as for roast beef; serve also red currant jelly, baked bananas, or banana or pineapple fritters. Instead of dessert serve toasted crackers, cheese and celery.

With roast chicken or turkey serve mashed white potatoes, browned or candied sweet potatoes, hominy, rice, squash, onions, celery (raw or creamed), sweet pickles, jelly or cranberry sauce. For dessert serve ice cream sherbet, pumpkin pie or steamed pudding.

With roast pork serve white or sweet potatoes, squash, onions, spinach, creamed cabbage, scalloped tomatoes or parsnips, and apple sauce. For dessert serve baked Indian pudding, bread pudding with jelly and meringue, ginger ice cream, pumpkin pie, or steamed fig pudding with lemon sauce.

With baked fish, serve Hollandaise sauce, or drawn butter, sliced tomatoes or cole-slaw, mashed potatoes and peas. Cheese souffle, crackers and celery may follow. With creamed fish, serve hot crisp rolls and olives or pickles. For dessert serve sliced pineapple and a simple cake. With creamed salt cod-fish, serve baked or boiled potatoes and buttered beets; follow with toasted crackers, cheese and lettuce salad with French dressing. With soup for the first course, bread, butter and a well-chosen dessert, you have a perfect dinner.

### BREAKFAST AND LUNCHEON.

Breakfast should include fresh or stewed fruit, a cereal, eggs alone, or bacon and eggs, or some other meat dish (not too heavy), bread, rolls, toast or muffins. If grownups demand coffee, make cocoa for the children.

What to serve for luncheon or supper depends upon the season. Thick soups and soups made with milk are

# PENNY PLAIN

BY O. DOUGLAS

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

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### CHAPTER XX.—Continued.

Jean took the miniature and looked at the pictured face, a laughing boy's face, fresh-colored, frank, with flaxen hair falling over a broad brow.

When, after a minute, she handed it back she assured Pamela that the likeness was wonderful.

"She has caught it exactly that look in his eyes as if he were telling you it was 'fair time of day' with him. Oh, dear Duncan! It's fair time of day with him now, I am sure, wherever he is. . . . He was twenty-two when he fell three years ago. . . . You've often heard Mrs. Macdonald speak of her sons. Duncan was the youngest but the others are frighteningly clever, but Duncan was a lamb. They all adored him, but he wasn't spoiled. . . . Life was such a joke to Duncan. I can't even now think of him as dead. He was so full of abounding life one can't imagine him lying still—quenched. You know that odd little poem:

"And Mary's the one that never liked angel stories, And Mary's the one that's dead. . . ."

Death and Duncan seem such a long way apart. Many people are so dull and apathetic that they never seem to leave much of a gap when they go. But Duncan—The Macdonalds are brave, but I think living to them is just a matter of getting through now. The end of the day will mean Duncan. I am glad you thought about getting the miniature done. You do have such nice thoughts, Pamela.

The Macdonalds' manse stood on the banks of Tweed, a hundred yards or so below Peel Tower, a square house of grey stone in a charming garden.

Mr. Macdonald loved his garden and worked in it diligently. It was his doctor, he said. When his mine got stale and sermon-writing difficult, when his head ached and people became a burden, he put on an old coat and went out to dig, or plant or mow the grass. He grew wonderful flowers at their best, he tried never to let it interfere with his work, but his eyes had the patient look that suffering brings, and his face often wore a twisted, humorous smile, as if he were laughing at his own pain. He was now sixty-four. His sons, so far as they were allowed, had smoothed the way for their parents, but they could not 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 people, and perhaps I shall will let me die in harness, with the sound of Tweed in my ears."

Mrs. Macdonald was, in Bible words, "succourer of many." She was a little stout woman with the merry heart that goes all the way, combined with heavy-lidded, sad eyes, and a habit of sighing deeply. She affected to take a sad view of everything, breaking in to irrepressible laughter in the middle of the most pessimistic utterances, for she was a gloom. Mrs. Macdonald was a born giver; everything she possessed she had to share. She was miserably if she had nothing to bestow on a parting guest, small gifts like a few new-laid eggs or a pot of home-made jam.

"You know yourself," she would say, "what a satisfied feeling it gives you to come away from a place with even the tiniest gift."

Her popularity was immense. Sad people came to her because she sighed with them and never tried to cheer them; dull people came to her because she was never in offensive high spirits or in a boastful mood—not even when her sons had done something particularly striking—and happy people came to her, for, though she sighed and warned them that nothing lasted in this world, her eyes shone with pleasure, and her interest was so keen that every detail could be told and discussed and gloated over with the comfortable knowledge that Mrs. Macdonald would not say to her next visitor:

"I wish I had more of that."

All hand-made—they are beautiful—latest tapestries and mohairs. We will save you money. Prices and samples on request. Freight prepaid. J. S. Fagel, 516 Danforth Ave., Toronto.

It was a nice question his wife used to say before the war (when hearts were lighter and laughter easier) whether Mr. Macdonald was prouder of his sons, or his flowers, and when, as 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 when he was in the garden Duncan was nearer to him. He could see the little figure in a blue jersey marching along the paths with a wheelbarrow.

"Not Heavy for the Offense." "Brown was fined several hundred dollars for giving a girl the once over while on the street in his car." "Pretty heavy penalty, don't you think?"

"Not for running a girl down, no."

"Our Unknown Heroes." We are a forgetful people, and our greatest men often have no memorial. For instance, where are the statues to the following heroes of humble life? James Smithson, the man who fearlessly admitted before his friends that he hadn't got a wireless set and never intended to have one. . . . Robert Brown, the staunch patriot who sent in his income-tax on the first demand, and refused to dispute the amount. . . . Thomas Jones, the only British citizen who is known to have hit his thumb, missed his train, and lost his collar-stud without uttering a word. . . . Richard Pype, a simple, honest plumber who attended a job without forgetting a single one of his tools, and afterwards suffered untold torture from his indignant comrades. . . . William Strange, the eccentric but heroic citizen who always accompanied his wife on her shopping expeditions. He perished nobly during the fierce struggle outside Messrs. Selfgrove's store on their sale day.

Minard's for Sprains and Bruises.

# RADIO

A 5-Tube Radio Set Complete and ready for the air as follows:

- \$150
- 1 5-Tube Bremer Tully Set
- 5 Radiotron Tubes
- 1 80-Amp. Storage Batteries
- 1 45-Volt B. Batteries
- 1 Ultra Loud Talker
- 1 Phone Plug
- 1 Head Phone
- 1 Aerial
- 1 Ground Equipment
- Regularly \$325. Our Price \$150
- Send for our Price List.
- Reference—Imperial Bank of Canada.
- SHERBOURNE RADIO EQUIPMENT & SUPPLIES
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### MUSIC VALUES

By H. Addington Bruce.

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, are largely, if not chiefly in the individual's liking for this or that kind of music.

On this theory, jazz music, for example, would be of greater rebuilding value than classical music, if the individual preferred jazz to the classical. Recent experiments by two American psychologists—H. T. Moore and A. R. Gilliland—suggest unmistakably that such is not the case.

Their experiments, to state the matter in a few words, go to show that, apart from personal preference, the bodily effects derivable from jazz differ markedly from those derivable from classical music, giving the advantage in the main to the latter.

For the purposes of these experiments, two jazz pieces and two classical selections were repeated, on five separate occasions, to a group of about fifty college students. On each occasion, after the playing, various tests were applied—tests as to pulse beat, strength of grip, and speed of tapping. Also, during the playing, photographs were taken to show the posture and facial expression.

Only in one respect did the jazz pieces hold an advantage throughout. They quickened the pulse beat, it was found, by 2 1/2 beats per minute more than did the classical music, and this remained their effects from the first test to the last.

As to the rate of tapping and the strength of grip, the advantage at first was likewise with the jazz. But this lessened with every repetition, until before the last experiment was made it became apparent that the classical selections had the greater energizing value.

But most impressive was the evidence from the photographs, reproduced with the report in the Journal of Applied Psychology. During each experiment a small group of auditors—always the same group—was photographed, once while listening to the classical selections, and again while hearing the jazz commenting on the resulting sets of pictures. Prof. Moore and Gilliland point out: "A close inspection of the photographs reveals some interesting contrasts of attitude. In listening to the unfamiliar classical music there is distinctly more tendency to lower the head, to avert the gaze, and to assume a slightly puzzled, uncomprehending attitude."

"A comparison of the last two sets 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 evidence goes, it tends to show that familiarization with classical music produces an attitude favorable to the best type of morale, whereas familiarization 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 bias the way for similar experiments to ascertain contrasting music values.

### Exploiting Noah's Mountain.

Though it is not among the very highest peaks 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 mountain from the Bible narrative, but few of us have ever seen it or ever expect to see it.

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-cold summit a pleasure resort, where winter sports may be enjoyed all the year round. So, if the scheme goes on, we may presently see advertisements such as these: "Armenia's Switzerland. Try Noah's Country for Your Next Holiday. Winter Sports All the Year Round"; "Hotel Noah: Winter Sports and French Cuisine."

Some of the old traditions 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's 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 prevention called an essential course in all schools.

# Efficient

### CARE FOR THE COLT TO MAKE THE HORSE.

The time to commence the proper production of a draft horse is before 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 fields, paddocks or doing light work.

It is difficult on many farms to provide desirable work for the mare, particularly in the winter, but when spring work commences there is a difficulty, and any mare is better working, provided care is exercised in seeing that she is not put in slippery places, not unduly crowded, not worked with too short a whiffletree, not overworked. Many foals have their chances ruined when their dams are overworked and under-exercised during the winter season.

In view of the fact that a horse attains at least half his weight by the time he is a year old, care must be exercised to see that he is given the best possible chance. Many spring-born foals do well for the first six months of their lives and then owing to lack of proper attention and feeding during the winter months do not mature to the size they should be.

Feeding—The mother's milk and pasture grass afford excellent foods to start with. By feeding the dam a little grain in a low manger, either in the barn or on pasture, the foal soon is found eating concentrates. Then a creep may be erected in a corner of the pasture field and the foal will get grain in this manner. He should be provided with a shelter from heat and flies and if the mother must be worked, the foal should be kept in a comfortable loose box or paddock and given a snack in the middle of each half day. At first the milk should be drawn from the mare, particularly if she is warm, as a preventive against digestive trouble.

Weaning—If the mother is a poor milker the colt will be better weaned at five months, while if she is a good

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