In the Tea Cup

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is revealed. The flavor is pure, fresh and fragrant. Try it. Black, Mixed or Green Blends.

Woman's Sphere

minutes. After which it was put into

OCCASIONS.

portrayed. The model is also pleasing

in taffeta, crepe de chine or georgette.

The Dress may be developed without

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the greatest growth period of its life

this period the child is dependent on

the mother for all the materials of

Scientific investigation has taught

some useful lessons on the influence of

the parents' diet on the offspring. Rate

were fed on carefully controlled diets

and the results noted under different

types of feeding. The conclusions of

these experiments are interesting. The

diet of the father before conception

had no influence on the young. The

mother's food, however, did have an

effect on the young she produced. The

born to the mothers who were fed ade-

quately, though a poor, deficient diet

had an effect worse on the mother

than on the offspring. When the moth-

er's food did not supply the necessary

building material, the mother's tissues

were used up to supply the need of

the young. Only when there was

great lack of food did the young

These experiments show that Na-

ture tries to promote normal develop-

ment of the offspring even under un-

favorable conditions; if materials for

the growth of the baby are lacking in

the food they will be drawn as far as

possible from the mother's body. Thus,

if the diet be deficient in calcium and

phosphorus for bone formation, the

mother's bones and teeth are likely to

be the first to be drawn upon to supply

the loss, though, of course, a great

scarcity will eventually affect the

phosphorus will help to protect the

mother's teeth from decay during

During the early stages many moth-

baby. Milk which contains lime and

which the body is made.

the flounces and with long sleeves.

yards are required.

of Fashions.

water two hours .- J. W.

TIN-CAN CANNING.

I have just finished putting up a lash: The meat was cut into inch quarter of beef, and my pride in the squares and sprinkled with flour mixlong row of shining tin cans is scarcely equal to my surprise at how quickly in hot fat. Then chopped celery, onand easily it was all done.

The man who sold me my tinof one of his clients and being requested to state which of fifteen different kinds of meat he would like for dinner. Then, he went on to say, she served to him twenty minutes laterroast beef with brown gravy.

While I can boast of no such variety, I could serve to a surprise guest any of the following: sirloin steak, two ways, straight and smothered in onions; porterhouse steak with pan gravy; roast beef; beef stew; meat rolls; not to mention soup.

All of the meat except that for beef stew was cooked before it was put into the cans.

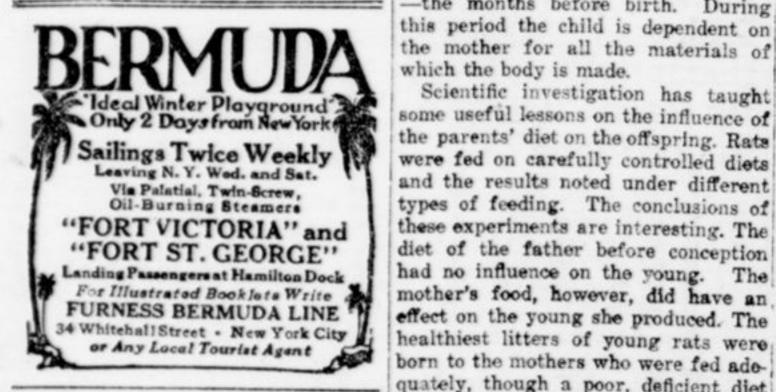
Meat rolls made from the round are a real delicacy. The meat is cut about half an inch thick and in pieces wide enough to roll and tie. Pieces six inches long will just fit into quart cans lengthwise after they have been fried. Sprinkle with salt and pepper and finely chopped onions. Cut bacon in thin slices and put a slice on each piece of meat. Roll each piece up tight and tie with a string.

Now sear these well in hot fat, browning on all sides. Add water and allow to simmer for thirty minutes. Remove the strings and pack hot into tin cans, pouring the hot gravy over it. Of course you must sterilize the cans-for the rolls it takes two and a half hours in boiling water, or sixty minutes under fifteen pounds' pressure. When a can finishes cooking, I remove it to the sink and turn the cold-water faucet onto it.

All sizeable pieces from the rump, prime ribs and sirloin from around the hip bone went into the roasting pan in the oven till done. These were packed into quart cans, covered with the browned meat juice and drippings and cooked in the cans the same length of time as the meat rolls.

The bones were removed from steaks before frying so as to get as much meat as possible into a can. All of the bones were cooked and the stock Publishing Co., 73 West Adelaide St., 457 gallons. canned. Slices of onions, nicely Toronto. Allow two weeks for receipt steaks as they were packed into the cans. Just a few of the strloin steaks were canned this way.

The others, including the tender fillets, were only seasoned with sait and pepper. The leg and scraps from the NOURISHING THE BABY-TO-BE. other cuts went into beef stew and Every expectant mother wishes her goulash. With the former, the meat child to be strong and well. One of was packed cold into the cans, the the best ways to do this is to feed crevices filled with boiling water, sea- herself properly during pregnancy soning added, and the cans then sealed because the child depends solely on and cooked in boiling water for three the mother for nourishment during



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188UE No. 7-25.

that the embryo is not yet perfectly established and a mi'd form of poisoning results. The disappearance of the morning sickness is an indication that the connection between mother and child is well established and from this time on the mother's appetite should steadily improve.

stomach itself but is due to the fact

From the end of the fourth month the mother needs an extra quantity of food. The child is growing rapidly during this period and the mother requires about one-fifth more food than normally, or about the same amount as a man doing menual labor.

providing a warm lunch at noon.

diture-less than four dollars.

Each family of one or two children I used this method of making goufamily of three or more, two pint jars have not always." are used. The bringing of tea and ed with salt and pepper and browned offee is absolutely prohibited. During the first recess the teacher

ions and carrots were added and the places the boiler and contents on the whole stirred frequently. To this was stove, with enough water to submerge the cans nicely. By noon, the lunch is piping hot, and best of all, without any confusion, waiting, experimenting cans, sealed and cooked in boiling or dishwashing. Then, too, each child has for lunch just what he likes best. Mother knows better than anyone what her kiddies like and dislike.

There are endless variations: Cocoa, celery soup, creamed tomato soup, rice husband, "why any one so neat hand- waiting a train." lunch plan since Thanksgiving. Each ed as you are should be such a filthy "And weren't you charmed? Edinday it has been a voluminous success. As one of the children said, "It's just as good as having your feet under the table at home.

MY GUEST MENU BOOK. I have a notebook which I call my guest menu book. Therein are writ- cheque to pay a doctor's bill and ease sudden glimpses of the Forth, Holyten alphabetically the names of all our friends and relatives who gather You've a great chance, Jean." around our board more or less frequently. On the left side of the page ticular individual is especially fond. foods which I know he does not like.

standpoint, how delightful it is al- some home with you." awaiting them.-Mrs. J. W. B. 4997. Printed chiffon voile is here

West Indian Oil Flows Steadily.

.....

The Pattern is cut in 4 Sizes: 8, 10, started nineteen years ago, has shown world pretty well pleased with my-12 and 14 years. To make the Dress an increase from 368,934 gallons in self." as in the large view, will require 3% 1905 to 106,780,531 gallons in 1923. The "Yes," Jean agreed. "If life is they say 'Good-bai.' The rest of us yards of 32-inch material for a 12- total production during this period of merely a chance of gaining love she who pride ouselves on not being proyear size. If made with long sleeves time has been more than 688,000,000 will come out with high marks. Did vincial say-you may have noticed-41/2 yards are required. If made with- gallons. Only twice has the steady you give her the miniature?" out flounces and with long sleeves 15 increase in production been arrested, "Yes, just as we left, when you had in 1915-'16 and 1919.

receipt of 15c in silver, by the Wilson fined oil in 1923 amounted to 85,136, she made me cry. You would have .



Speaking about summer, this silk plaid one-piece dress creation should catch the feminine eye. It features the wide belt, buckled at the side, the For what can spring renew ers suffer from "morning sickness." apron flounce and velvet streamer. The cause of this sickness is not in the Minard's Liniment for the Grippe.

BY O. DOUGLAS

Solemn Small Boy-"Penny plain, please. It's better value for

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CHAPTER XX .- (Cont'd.)

chair in the window, and now stood her, but her hands were idly folded, quaintance has solved the hot .unch looking into the fire. "Do you remem- not even notice the sunshine; her eyes problem very satisfactorily and effi- ber." he said, "that evening in Beth- were with her heart, and that was far ciently. This school teacher was a any when Mary took a box of spiken- away across the black dividing sea in girl pupils he hit upon this plan of of Jesus, so that the oder of the oint- sons. Wild laddies they had been, ment filled the house? Judas-that never at rest, never out of mischief He purchased a galvanized wash same Judas who carried the bag and and now-"a' quaitit noo boiler and a cold-pack rack. This, with was a robber-was much concerned grave." a brace the blacksmith welded on the about the waste. He said that the box | She turned to greet her visitor with stove, comprised the complete expen- might have been sold for three hun- her usual whimsical smile. She had dred pence and given to the poor. And grown very fond of Pamela; they were Jesus, rebuking him, said, 'The poor absolutely at ease with each other, bring a pint jar of "dinner." In a always ye have with you, but Me ye and could enjoy talking, or sitting to-

> He stopped abruptly and went over To-day the conversation was brisk here." His tone was accusing.

"Only writing a post card," said his wife quickly. "I can't have made much tors and explained: "John is a regu-

tively to sling it about."

thought if I had the means I would a fine place for all that." know how to help. A cheque to a min-

"I know,' said Jean, "if you will ways. But Glasgow-" only tell me how to begin."

easy matter to make out a menu for take from people who have only the guests that are coming. It is so enough to go on with . . . Now, if the least the can hardly see "I say, Tom, are y out of their eyes for gentility. I de-with sleeplessness?" much more of a pleasure to prepare a you'll excuse me, I'll see if Agnes is light in it myself, though I've never "I am. Some nights I don't sleep meal which you know your guests will getting the tea. I want you to taste attained to it. I'm told you see it in three hours." relish than one you hope they will my rowan and crab-apple jelly, Miss friend of mine was going out by train ly bad. I've been afflicted now for

to Jean, "I would rather be Mrs. Mac- condescendingly, replied, 'Oh, really! about six months; but we call it a "have you noticed the position of the donald than any one else I know. She And who do you dence with out at baby." is a practicing Christian. If I had Colinton?' 'It depends,' said the first done a day's work such as she has girl. 'Lest night, for instance, I was The petrolenm industry of Trinidad, done I think I would go out of the up to my neck in advocates.' . . .

walked on to the gate with Mr. Mac-Pattern mailed to any address on The exportation of crude and re-donald. She was so absurdly grateful ford. thought no one had ever given her a

> into two classes, the givers and the most excellent-but in the manner of takers. Nothing so touches and pleasnext bit of c 'e to be very appreciative of the biscuit of the moment."

"Bless me!" said Pamela, "Jean among the cynics!"

CHAPTER XXI.

One day Pamela walked down to Hopetoun to lunch with Mrs. Hope. Augusta had gone away on a short visit and Pamela had promised to spend as much time as possible with her mother.

"You won't be here much longer," Mrs. Hope had said, "so spend as much time with me as you can spare, and we'll talk books and quote poetry, and," she had finished deflantly, "I'll miscall my neighbors if I feel in-

It was February now, and there was a hint of spring in the air. The sun was shining as if trying to make up for the days it had missed, the great shoots were pushing daringly forth. and a mavis in a holly-bush was chirping loudly and cheerfully. To-morrow they might be plunged back into wieter, the green things nipped and discouraged, the birds silent but to-day

t was spring. Pamela lingered by Tweedside istening to the mavis, looking back at the bridge spanning the river, the church steeple high against the pale blue sky, the little town pouring it houses down to the water's edge. Hopetoun Woods were still bare and brown but soon the larches would get their pencils, the beeches would unfurl tiny leaves of living green, and the celandines begin to poke their yellow heads through the carpet of last year's

Mrs. Hope was sitting close to the window that looked out on the Har toun Woods. The spring sunshine at the notes of the mavis had brought her a rush of memories.

More fiercely for us than the ne-

PENNY-PLAIN

Her knitting lay on her lap, a pile Mr. Macdonald had moved from his of new books stood on the table beside I think a school teacher of my ac- with one hand on the mantel-shelf, and she did not look at the books, did man, and as the school had no older ard, very costly, and anointed the feet the last resting-places of her three

between the two at luncheon. Pamela though he were arranging papers. had been with Jean to Edinburgh and Presently he said, "Anne, you've been Glasgow on shopping expeditions, and Mrs. Hope was keen to hear all about

"I could hardly persuade her to go, of a mess." She turned to her visi- Pamela said. "Her argument was, Why get clothes from Paris if you brought with such enthusiasm. lar old maid about his writing-table; can get them in Priorsford?' She only everything must be so tidy and un- gave in to please me, but she enjoyed herself mightily. We went first to "Well, I can't understand," said her Edinburgh-my first visit except just

creature with ink. You seem posi- burgh is our own town, and we are inordinately proud of it. It's full of "Well," said Mrs. Macdonald, steep streets and east winds and high changing the subject, "I like your idea houses, and you can't move a step of helping ministers, Jean. I've often without treading on a W.S., but it's

"It's a fairy-tale place to see," Pamister in a city-charge for a holiday; a ela said. "The castle at sunset, the things a little for a worn-out wife. rood dreaming in the mist-these are pictures that will remain with one al-

"I know almost nothing of Glasunder each name I have written a list "I'll soon do that," said practical gow," said Mrs. Hope, "but I like the of the foods of which I know that particular individual is especially fond. Mrs. Macdonald. "I've got several in people that come from it. They are about, but I don't see anything to it!" To the right of the page is the list of my mind this moment that I just ache not so devoured by gentility as our to give a hand to. But only the very Edinburgh friends; they are more liv-

ways to find their favorite dishes As they left the Manse an hour girls talking. One said, 'I was at a neuro insomnia paralavitis." know the really genteel by the way is 100 per cent. alert all the time.

Pamela laughed, and said she had noticed the superior accent of Priors-

"Jean and I were much interested in the difference between Edinburgh and Glasgow shops. Not in the things "The world," said Jean, "is divided they sell—the shops in both places are selling. The girls in the Edinburgh es and surprises a 'giver' as to receive shops are nice and obliging—the wara gift. The 'takers' are too busy time manner doesn't seem to have standing on their hind legs (like Peter at tea-time) looking wistfully for the luckily—but quite Londonish with



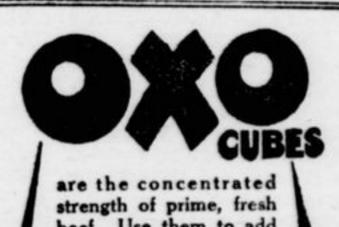
They delighted Jean by remarking as to sit and listen! she tried on a hat, 'My, you look a treat in that!' We bought a great deal more than we needed, for we hadn't the heart to refuse what was tive, if you know what I mean. I on account of the fact that Mr. H. H. but it's awful nice somehow. Distinctive, if you know what I mean. I Asquith is her father-in-law. One of think when you get it home you'll like her best stories relates to a political it awful well- 'Who would refuse a hat after such a recommendation? (To be continued.)



"Whatcha doin' up there?" "Hittin' the pipe, like I've heard Minard's for Sprains and Bruises.

to Colinton, and she overheard two about two years. The doctor calls it Quarter Sessions, and the Chairman later, laden with gifts, Pamela said dence lest night.' The other, rather Tom grunted and said: "I've had it

> Autoist Needs Alertness. Don't count too much on the com



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





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STORIES ABOUT WELL-KNOWN PEOPLE

A New "Mr. Strum."

Not long ago M. Paderewski was playing to himself on board a steamer, and a passenger sent around a request asking him to stop his noise. Less uncomplimentary, but not less surprising, is an incident which occurred only last Christmas as a small village in Switzerland. A dance committee were hard up for a pianist for their annual ball. Hearing of their plight, a practical joker wrote:

"There is a man named Pederewski who plays the piano, but he is out of work and would like a job this winter. He live at Morges, near Lau-

The man named Paderewski was immediately written to by the committee, and a small sum was offered for his services! But if the committee had never heard of Paderewski. Paderewski had never heard of the committee, and the offer was declined

their 'Moddom.' In Glasgow, they py thing for the dance committee, give one such a feeling of personal since if M. Paderewski had started interest. You would really think it playing, no one would have danced at mattered to them what you chose. all-they would all have been content

Home Politics.

is particularly keen, and not merely

The waverer's wife was asked: "Is your husband a Liberal or a Conservative?"

"Well," replied the lady, "when he's with a Liberal he's a Liberal, but when he's with a Conservative he's a Conservative."

"Yes, but what is he when he's at home?" asked the questioner. "Oh," said the lady, "when he's at home he's a downright nulsance.'

Keep Calm!

It is one of the anomalies of this world that, whereas we frequently look anxiously at the clock, the clock is the most prosaic and orderly of articles. This theory seems only once to have been expressed in a public ut terance, and maybe Lord Darling, who was responsible for the utterance, has himself forgotten it. He made it many years ago, when he was a very

He was addressing a jury at the presently interposed.

"Mr. Darling," he said patiently, hands of the clock?" "Yes, sir," replied Darling. "But, with respect, I see nothing to cause

anxiety. They seem to me to be

where they usually are at this time of

An Unconscious Bluff.

In Nevada in the early eighties it was the rule for a man to "tote a gun." But Henry Gillis was an exception; to him, undersized though he was, a gun was a nuisance. Only on rare occasions when he drove the mine buckboard loaded with the week's clean-up did he carry a six-shooter.

One day when he was about to transport bullion from a mine in the Comstock Lode country to the nearest railway station a burly tramp asked permission to go along. Suspecting nothing. Gillis gave the stranger a lift

All went well for an hour or so. The tramp seemed preoccupied and tactiturn. Gillis himself was never talkative. After crossing part of the desert the road climbed through a rugged foothill country. At a point where it come out on the face of a precipice the tramp glanced furtively in both di-

"Out of the corner of my eye," said Gillis, in telling of the experience, "I saw the stranger stealthily draw a big clasp knife from his trousers' pocket. Intently he watched me while I appeared to be occupied with the reins. The weather had been cold, so we had the lap robe well over our knees.

"Driving with my left hand, I suddenly reached under the robe for my gun, which I carried under my left leg. As the tramp opened his knife with its six-inch blade I raised the hammer of my pistol and held the gun close to his body. We exchanged glances for what seemed like a minute. At last his eyes dropped. Nervously fumbling in his pocket, he got out a chunk of tobacco, cut off a piece and offered it to me. I lowered my gun, and we reached the depot without further trouble. Not a word had been spoken.

"I delivered the bullion, which amounted to about sixteen thousand dollars, and told the agent about the tramp. Listening, he absently toyed with my six-shooter. Suddenly be 'broke' the gun, exposing the cartridge chambers. All were empty!"

Cheaper Yet.

A young matron, shopping, asked a butcher the price of hamburger steak. "Twenty-five cents a pound," he re-

"But at the corner store it is only 12 cents," said the customer. "Well, why didn't you buy it there?" "Because they haven't any."

"Oh, I see," said the butcher. "When I don't have it I sell it for ten cents a Efficien

Seed Testing -It is a good 1 ing seed for testing, select a fa

Preparing Boxes. Shallow,

Empty haddie boxes are good for ing seed in or for transplanting

First place some broken pied flower pot, coarse gravel or si inch below the top of the box of when filled, so as to allow space

seasure stick or a gauge

right distance for most seeds. A straight drills and an even depth seeds. This can be made from a of hard wood the width and thick one-quarter inch in th used, but moved backward and ward and pressed lightly and eve so as to secure a drill of uniform proper depth for the different is of seed sown, or a piece of heavy board the size of inside of flat v one and one-half inches apart, so I surface of soil when pressed down useful. The strip of wood nailed should be of proper depth for drill quired. Do not sow seeds direct f

Quantity of Seed to Sow for Tra the surface of the soil. Covering the Seed-The s

the seed into the hand, or into a sr

eaucer and sow with the thumb

should be filled in lightly and id with a label or with the lingers. with the sand in the same way as commended for sowing the seed. scraping or levelling off, an operati that often causes the send to be a turbed or perhaps scraped away together. The surface of the should be quite level, and may pressed down lightly after the a