

FOR THE WOMAN READER BY FLORENCE RIDDICK BOYS

THE BALANCED RATION. Farmers are studying how to feed the chickens, but how many mothers know what is a balanced ration for a growing child?

Our bodies would be damaged or worn out if we did not supply them with building materials. A growing child needs not only energy to repair tissues, but also building materials.

THE CHILDREN'S PARTY. Life is made up of contact with other people and the sooner the children learn to make these contacts graciously, easily and happily, the better for them.

FASHIONS, FADS, FOIBLES. The evening gowns of the day, or rather of the night, are gauzy and filmy. Lace and chiffon are favorite materials.

CHEESE. One of our best and cheapest foods is cheese. There is no waste of bone or fat or water in buying cheese.

WALLS. The modern idea in walls is that of soft, neutral backgrounds—not aggressive nor conspicuous.

A Mother, Her Child, and One Dime! Easy to Keep the System Sweet at Any Age

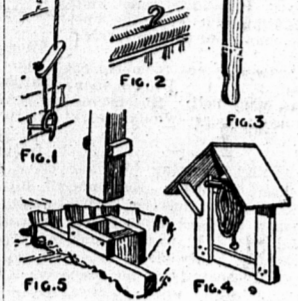
CASCARETS advertisement featuring a baby's face and text describing the benefits of the laxative.

The Handy Man's Corner

CLOTHES LINES AND FITTINGS.

There are many useful little "gadgets" the handyman can make in connection with the fitting up of ordinary domestic clothes lines.

The line itself is usually of hemlock, and preferably should be painted—not twisted. The former is much less prone to get into a tangle.



The main difficulties with clothes lines in restricted areas is to fix them easily and quickly, to tighten or slacken them at will, and to remove and store them when no longer needed.

A neat and effective outdoor shelter for a line is shown in Fig. 4. The roof consists of two pieces of board about 1 1/2 ins. long and 6 ins. wide nailed together at the ends to form a V shape.

Scientific Facts

NEWEST NOTES OF SCIENCE.

A small vacuum cleaner has been developed for photographic plates. Columbia and Venezuela are now producing the world's finest emulsions.

The consumption of electricity in France is more than doubling itself every four years. The first experimental shale oil distillation plant in Japan has been placed in operation.

Shoes have been patented with renewable soles and heels that are attached with screws and nuts. Tailors have established an air transport line linking Brindisi, Piraeus and Constantinople.

The annual production of gold fish on a commercial scale in the United States is estimated at 20,000,000. The first sugar factory in Latvia has begun operations.

The nursing mother often finds herself weak and feeling worn-out. The nursing mother more than any other woman needs rich blood and plenty of it.

WHAT people are saying about the new Orthophonic Victrola does sound incredible—until you have heard it played.

The new Orthophonic Victrola is made in various models, from \$430 down to \$115, obtainable on convenient terms from any "His Master's Voice" dealer.

THE STORY OF CANADA'S MONEY

BY PAUL MONTGOMERY Copyright 1926

WHEN CANADIAN RAILWAYS ISSUED THEIR OWN MONEY

If anything were lacking to show the honesty and sincerity of heart that was the order of the day in early Canada the story of the early Canadian railways would amply supply the deficit.



year 1837. It was just at a period his own, and was going to take a when men were thinking in terms ride on the "devil horse."

laying hens from non-layers. Automatic pumps to be inserted in a hollow wheel spoke have been invented to inflate an automobile tire while a car is running.

Experiments are being tried in Germany with towing canal barges with a motor car coupled from a manor, electric power being employed.

With both advisory and financial aid from the government, a great impetus has been given to the revival on a large scale of silk culture in Spain.

Metal lock joints for collapsible furniture have been invented that are held together with finishing nails, facilitating taking the furniture apart.

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Purity Flavor



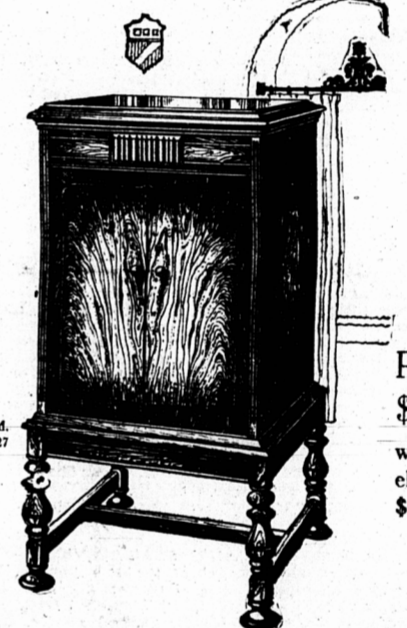
have made Baker's Breakfast Cocoa

The Household Choice for many Generations. A delicious, pure and wholesome food beverage, made only of high grade cocoa beans, carefully blended and prepared by a perfect mechanical process, no chemicals being used.

WALTER BAKER & CO. Limited Established 1780 DORCHESTER, MASS.

Canadian Mills at Montreal Booklet of Choice Recipes sent free

were circulating freely the merchants became more discriminating what rare and fifteen or twenty dollars is asked for a specimen, good order, at the present time.



Paloma \$160 with electric drive \$205

Incredible Performance

due to "matched impedance" or "smooth flow of sound" a new thing in home music—Nothing else is like it

design of the new Orthophonic tone chamber. It is this which produces the beautiful music that will astound you when you first hear it, and ever after.

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Victor Talking Machine Company of Canada, Limited