

LONDON LETTER

THE OFFICE OF THE HIGH COMMISSIONER FOR CANADA IN LONDON WEEK BY WEEK 26th NOVEMBER, 1925.

The High Commissioner for Canada learns that Canadian food products are to be a prominent feature among the articles offered for sale at two bazaars organized in the Crystal Palace for the benefit of the Secretary of State for the Dominions (Colonel Amery). In addition to bulk supplies a number of hampers will be available to the public. The contents of the hampers will include bacon, butter, cheese, ham, apples, maple syrup and sugar, honey, catsup, canned soup, canned corn, veal, fish and beans and pork.

An extension of great interests in being carried out by the Jensen Line in connection with the marriage of the Canadian Store. The S.S. "Flo Jensen" of the line is being adapted so that cattle may be carried on four decks, each of which will have its own ventilation, drainage and water supply. The vessel will have an elevator for cattle. Should the experiment meet with the approval of the Canadian and British Authorities, the Jensen Line will probably be fitted up in a similar manner.

Five shipments of Canadian Store Cattle have arrived in the United Kingdom during the past week, the number being 2,001. The Canadian Official Mining News Letter circulated this week was based on an article prepared by G. S. Home of the Geological Survey Branch dealing with Oil Developments in Alberta, in which the opinion is expressed that the prospects or the development of a large production of oil in Alberta have never appeared more promising than now. This expectation is based upon geological conditions and present production in the Turner Valley Field, south west of Calgary, and in the Wainwright Field, 120 miles east of Edmonton.

A Press Bulletin was also sent out from the Canadian High Commissioner's Office giving the latest estimates of the Canadian grain crops, based on information received from the Dominion Bureau of Statistics at Ottawa. The Dining Hall of the Canadian Exhibition at Wembley is in full progress. Mr. J.E. McKinnin, Director of Industrial Exhibits reports to the High Commissioner's Office that the work is colossal as here are tons of material and thousands of pieces to be packed and shipped in the Industrial Section. Canadian firms who have London Representatives are now receiving their orders. After this has been done the shipments will be made to representatives of Canadian firms who are in England but whose headquarters are in the provincial cities. The next shipments will be made to Canada in the course of a few weeks.

The High Commissioner's Office is informed by the Canadian Trade Commissioners in Great Britain that they have received the following equipment for Canadian goods during the past week:— A Hull firm is interested in hearing from Canadian exporters, who can quote c.i.f. Sterling offers for Birch Squares in usual sizes suitable for bobbin manufacturers. A firm in Aberdeen (East Coast of Scotland) possessing a good connection among buyers in London is anxious to secure agencies for Canadian shippers of grain, Flour, Oatmeal and other products. A Bristol Brush manufacturer seeks Canadian quotations for good samples, size 12" x 3 1/4", to be used in the manufacture of Brush heads, and would like samples and quotations c.i.f. Sterling. Large quantities would be purchased if price were competitive. A Yorkshire firm would like to be placed in touch with Canadian manufacturers of Maple Roller Blocks with a view to purchase.

A firm in Aberdeen, Scotland is anxious to secure the agencies of Canadian Linen shippers of all kinds of linen. A Liverpool firm is interested in receiving c.i.f. offers on Canadian Flour now on the market. A well known grain Importer in Leith, Scotland, wishes to get in touch with good Canadian shippers of Wheat, Oats, Barley and Corn. A Liverpool firm would like to be placed in touch with Canadian exporters of c.i.f. Sterling offers, c.i.f. Hamburg, Bremen, London.

By request of the Very Rev. the Bishop of Bristol the Canadian Trade Commissioner at Bristol at a special session of the Commercial Intelligence Branch of the Department of Trade and Commerce, or from the Canadian Trade Commissioner, the Canadian Building, Trafalgar Square, London, (W.V.).

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Hints for Housekeepers

In thickening cream soup allow a tablespoon each of butter and flour to every quart of soup. Kerosene exposed to the air will turn brown, and will form a crust on the wick after being lighted, therefore oil cans should be kept tightly corked.

Always add a small piece of butter to milk puddings when cooking them, as this not only improves the taste, but prevents the pudding from boiling over.

If gold or silver embroideries and trimmings are kept wrapped up in black paper they will not tarnish, no matter how long they may be laid aside.

Lace or muslin curtains can be tinted cream by dipping in weak tea or coffee. The latter should be carefully strained before the lace or muslin is dipped into it.

Old stockings make excellent floor polishers. Split them open and sew together, cutting off the feet if they are much darned. They also excel for polishing shoes.

Before making up a new flannel put it in a bath and pour boiling water over it. Let it stand until cold, then wring out dry. Flannel treated like this will never shrink in the washing.

The best covering for an ironing board is heavy cotton felt, such as is used over a dining table. Fold a piece of cloth and sew the edges together so that you will have two thicknesses on which to work.

Ribbons and delicately figured silks are better preserved in brown paper wrappings, as the chloride of lime in white paper would bleach the color very soon. The best way is to slip the ribbons in brown paper bags shut at the end.

The care of the piano is not understood as a rule, and so valuable instruments often suffer. Always close the piano at night and in damp weather; let the sun shine on the keys, for the light prevents the ivory from getting yellow.

When an egg has been boiled too long it can be softened again by instantly lifting the pan off the fire and quickly placing it under the tap, to prevent a good stream of cold water to pour over it. The sudden shock from hot to cold has the curious effect of softening the egg.

In arranging a sitting room, large spaces left empty look more comfortable and more convenient in every way than a room too full of furniture. A house is not a furniture warehouse, but a place for people to live in, and grow in, and to move about in.

When clothes that have become yellow from being dried in the house during the winter, steep them in lukewarm water and in the morning wash them in clean soapuds. Then put them on the boiler with pieces of soap and a teaspoon of powdered soda, and boil 20 minutes. Rinse, then let them lie for another night in clean, cold water, to which a little powdered borax has been added. This will bleach clothes.

Shippers of all kinds of farm produce—particularly Hay and Oats. (Further details of these can be obtained from the Commercial Intelligence Branch of the Department of Trade and Commerce, or from the Canadian Trade Commissioner, the Canadian Building, Trafalgar Square, London, (W.V.).

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FOR THE WOMAN READER BY FLORENCE RIDDICK BOYS

SOCIAL CHARM. The words have a lure for all of us. If there is anything in which we delight, it is to have folks like us. That is an affectionate instinct of our nature and accounts for that old sentence in our copy books, "Man is a social being."

It takes practice to learn to be a "mixer," just as it takes experience to do anything else well. When anybody says, "Come on, let's go"—if the cause be legitimate—go. While there is still more and more people, find more and more interests, broaden your vision and learn to mix.

Do not be critical. If you do not like the people you go with, then introduce you to; and one must be gentle somewhere. Those at hand may prove an entering wedge to introduce you to friends you will love. Do not stand aloof waiting for the right circle of friends to present themselves.

Some find it difficult, in moving into a new town, to find a group of congenial acquaintances. Go to things; take part in things; be a booster of community enterprises, and you will find your company eagerly sought for by "the best people," not merely the socially select, but the really worth while. There is no better way to meet people interested in the same things than to be interested in people gives you a kindly help. Helping in good causes makes you an asset to a community. There is no need for you to be loquacious, if you bestir yourself.

One may be pretty, learned and noble and have few friends. The heart must be warm to draw friendships. You may even have a heart and wish to know people and be loved by them, but you must mix with them and show it, or they will never find you out. Come out of yourself and mix. Do not mope and retire to the background. Diffidence, or a superlatively complex habit of many people apart from a life of beautiful sociability. Social charm is a thing to be obtained by the one who will, but it is something you can not buy and which no one can give to you, must develop it by a kindly life of kindly mingling with your kind.

THE CHILD'S ROOM. Many problems of giving the child a little room of his own, where the temperature may be always at the right and where he may scatter his small possessions all over the floor without incurring growl-up wrath. Simple painted or enameled furniture in white, cream or gray, gay nursery wallpaper, bare floor with washable rugs, and a dainty color scheme, usually pink or blue, makes over inexpensively almost any little room into a charming nursery, restful and hygienic.

Deep cream or tan is an excellent background color for the nursery walls and the wall paper dealer can show you any number of charming nursery borders and cut-outs depicting children, animals, and circus parades to make a decorative frieze. Everything should be easily cleanable, and the little bed should be equipped with fluffy, dainty blankets in the accepted color scheme. Children away from pictures, and for this reason the charming storyland blankets, with all the famous Mother Goose characters scampering over the surface are sure to please the child.

For draperies and little bed spreads choose a color rather than white, which soils so easily. Indian head, which comes in numerous tub-fat and color-fast shades is excellent for nursery bed spreads and upholstery. It is well to have two sets so that the nursery need not be denuded every time the bed spread or window draperies need to go to the laundry.

FASHIONS, FADS, FOIBLES. The day-time frock has long sleeves; but the evening gown still is sleeveless. Sleeves and a neck trim of a matching or contrasting georgette are furnishing sleeves for many sleeveless dresses. They are either basted in place or made separately, to be worn as a gumpie when desired. Fur coats are less popular than formerly. The broadcloth, fur-trimmed coat hold the highest place today. The slim, straight coat with no flare and with tight sleeves is just as stylish as ever; but it shares honors with the cape or wrap-around coat with a cape-like effect. Fashion offers two lines, with nothing which may be read between the lines.

Gold and silver metallic trimmings are fashionable on evening dresses and on hats. Velvet is a popular material for coats, gowns, hats and shoes. The soft, felt hat is holding its own. The mid-winter dress hat has a larger brim than the fall hat, with the flare in front and almost no brim in the back. Wine color is a warm shade in favor for winter street suits. Inverted plaids are good trimmings of the skirt of the wool dress, and give room for stepping without spoiling the straight, slim line. Plaids are fluffy and appropriate for the silk, satin or crepe dress.

CHRISTMAS IS COMING. "Christmas is coming," the children cry. Counting the weeks that are hurrying by. And what are you going to do about it? It may make Dad groan as he thinks of the high cost of living, and it causes Mother a bit of anxious "thou-est standing up if necessary."

Mrs. Smith has inserted an advertisement in the paper for a new nurse maid and was interviewing the first applicant. "And what," said she, "is your attitude on corporal punishment?" The applicant thought for a while and then replied, "Generally, I take care of my knee, but I can smack it if necessary."

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Favor Pastel Shades For Spring Hosiery

LONDON, Dec. 11.—Fashion, in sentimental and reminiscent mood, has restored the mittens of Victorianism to the wardrobe of the smart woman. There was a rumor earlier in the season that certain Paris designers, in their quest of novelty, had alighted on this most deliciously demure of feminine modes, and now the old-time mittens, in modern guise, have actively reached London, where the sleeveless fashion allied with the cold snap, is encouraging the vogue.

Women are already drawing filmy lace mittens over their bare arms for dancing and theatre going, and the quaint spectacle of a cigarette held between the dainty fingers of a mitten-wearer has presented itself at dinner parties during the last few evenings.

Usually the new mittens are of delicate lace or silk, and in tints that tone with the gown with which they are worn, but highly ornate examples of the later day mitten-maker's art in which gold thread and precious stones play a magnificent part, are stated to be on the way.

Open-work lace inserted stockings to match the lace mittens are another revival from the great-grand-mother's days.

THE 1925 CROPS. THEIR RELATION TO THE CANADIAN NATIONAL RAILWAY PROBLEM. The total value of the principal field crops of Canada last year is estimated to be the estimate published by the Dominion Bureau of Statistics on December 15th, 1924, was about nine hundred and fifty million dollars. Owing to trade conditions and the influence of the crop situation in other countries, as well as the lack of information as to the grain crop, it is not possible to yield but a rough estimate of the total value of the 1925 crop must be a mere conjecture until the publication of this year's final estimates, through prices seem likely to be generally higher with increased quantities and better qualities.

It is of importance to note, however, that all grain shows not only increased yield but a considerable improvement in quality. The wheat crop, proportion of the higher-grade exportable grain will be available. The wheat crop, for instance, is a hundred and sixty million bushels in excess of last year's yield and in quality a hundred and one per cent of the average as against ninety-seven per cent in 1924. Oats are a hundred and sixteen million bushels more in quantity and a hundred and one per cent in quality as compared with ninety-four per cent in 1924. The barley yield is twenty-five million bushels more and the quality ninety-eight as against ninety-four per cent in 1924. The crop of rye is a million bushels more and the flax crop about the same.

It is already evident that Canada's total grain crop this year will be in the neighborhood of a thousand and eighty million bushels and the latest crop estimate of the prairie provinces alone—though unofficial—places the grain yields for those three provinces at eight hundred and seventy-four million bushels, as against five hundred and twenty million bushels of lower grade in 1924.

The net earnings of the Canadian National Railway in September were \$3,940,000, as compared with \$2,147,000 last year, an increase of more than \$1,793,000, in the month. The aggregate net earnings from January 1st to September 30th are better by \$2,250,000, and it is evident that the last quarter of the year will materially improve the financial situation of the railway, through between a hundred and fifty million bushels and a hundred and seventy million bushels of wheat, fifty cents for oats and seven-cent cents for barley, the increased revenue to the farmer this year is two hundred and sixty-six million dollars at least, but should be much higher by reason of the better grades and higher price per bushel likely to be received for this year's grain crops.

Last year's deficit on the Canadian National Railway amounted to about twenty-one million dollars, spread over the entire body of taxpayers, including people of every industry, though losses on the railways are incurred for the most part in those areas mainly devoted to agriculture and other pursuits. While there seems every reason to anticipate a notable improvement in the 1925 figures, it is well to point out that, on the basis of the figures quoted here for 1925 grain crops alone, the railway burden on the entire population of Canada hardly represents more than two cents on the bushel, and could be covered by a fluctuation in prices due to world conditions, without in any way detracting from the evident fact that the farmer is already assured of a substantial increase in return due to increased crops and better grades.

A TOAST TO MILK. A quart of milk the expert say, should last each child about one day. And yet the truth is most confess, they get a pint a day or less. 'Twill make you well and keep you strong and may your very life prolong. Then have your coffee and your tea; come, have a glass of milk with me. —J. C. McDowell.

A system of communication by eye-blink talking to balk criminals is being used by detectives in Canada.

Cocoa a "Man's drink" - there's health in every drop



The cup of Health at the Breakfast table that means Efficiency at the Business Desk

BAKER'S BREAKFAST COCOA

Has a full rich flavor delicious to the taste; it is invigorating and sustaining. Henry C. Sherman, Professor of Food Chemistry, Columbia University, in his book "Food Products" says: "Cocoa, in addition to the stimulating property, due to the alkaloid theobromine, and the flavor which makes it popular both as a beverage and in confectionery, has a considerable food value."

WALTER BAKER & CO. Limited ESTABLISHED 1870 DORCHESTER, MASS. CANADIAN MILLS AT MONTREAL Booklet of Choice Recipes sent free

THE STORY BEHIND THE SONG. In the stillness of the night and in the presence of a death's bright angel, the song was rapidly approaching, the sun-force had sunk into a peaceful sleep. His devoted attendant, sitting at his bedside, chanced to run over some verses by Adelaide Anne Procter, the poetess, as a slight relief from the oneness of his present circumstances. He read the poem over and over again and found the verses appealing to his sensitive nature. A sheet of foolscap paper close at hand, he began composing. He really knew not he was writing, but he "struck one chord of music" and the notes, forming slowly in his mind, began to take definite shape. As he kept writing, the music echoed the spirit of the words within him, "quelling pain and sorrow." And thus through the long weary hours of the night, as his brother lay on his deathbed, Sullivan gave the world "The Lost Chord," in 1877.

"Proper Food and Exercise," by ARTHUR A. MCGOVERN Former physical director, Cornell Medical College

Rejuvenate yourself with exercise

ALL duties, whether business, social or both, are a constant drain on physical and nerve powers. Unless one has an abundance of health, one cannot hope to reach any great measure of success. Health is a state of being that must be cultivated and conserved. The realization of every single hope, dream and ambition that is anticipated is contingent upon health if it is to be won and enjoyed. It is necessary to fight the battle of health just as it is necessary to fight the battle of success. The natural laws of what to do and what not to do cannot be disregarded if health is to be retained. Sleep and rest are great recuperative forces, but they do not by themselves clear the system of each day's accumulation of poisons. The organs of elimination, such as the lungs, bowels, kidneys and pores of the skin must be kept active, and exercise which reacts on these parts of the body is necessary to keep them functioning normally. You can, with the aid of the exercises given at the close of this article, give yourself each day a complete physical rejuvenation. Any man or woman who will faithfully follow these movements each morning will be inspired to a more erect carriage and to deeper breathing and will be conscious of a greater zest, strength and nerve force throughout the day.

Exercise A. From flat position, place palms down, legs out straight. Exercise B. From flat position, raise legs up as far as possible, keeping your legs straight, toes pointed. Exercise C. From flat position, raise both legs together from floor and bring down together, legs straight. Exercise D. From flat position, hands at sides, legs spread apart, circle right leg. Exercise E. From flat position, hands at sides, legs apart, as in Exercise D, circle left leg. Exercise F. From flat position, hands at sides, legs spread apart, raise both legs up and circle them away from each other, making a complete circle without allowing legs to touch the floor. Exercise G. From flat position, place palms down, legs out straight.

General Menu. BREAKFAST: Any kind of fruit; cereal with milk or cream; dark bread toasted with butter, and coffee substitute. Drink two glasses of water between breakfast and lunch. LUNCH: A soup of any kind; fruit; corn muffins and a glass of milk. Drink two glasses of water between lunch and dinner. DINNER: Broiled lean meat, chicken or fish; two green vegetables. For dessert a pudding; dark bread and cocoa or chocolate.

Dr. McGovern will answer your questions. © A. A. McGovern

Humorous cartoon strip with dialogue bubbles. Characters discuss a doctor, a lawyer, and a man's health. Includes a signature '9-26' and copyright notice.