Health Literature

Supplied by the P. E. I. Red Cross Society

PNEUMONIA.

WHAT IS PNEUMONIA?

Pneumonia is an inflammation of the lungs, caused by germs. These germs are in the discharges from the throats and noses of most people. There is danger from any of these germs as they sometimes cause colds and bronchits but the germs from those sick with the disease are more likely to cause pneumonia than those from the mouth and nose of a well person.

PNEUMONIA IS VERY FATAL.

One person out of every five who gets pneumonia dies. Almost as many persons die from pneumonia each year as from consumption. In the United States and Canada, 150,000 people die from pneumonia each year, which means that 750,000 have it every year. A person who gets pneumonia usually is unable to work for several weeks. It often leaves weak hearts and lungs. People with pneumonia who stay up and about too long generally die. They must not get up to go to the bath-room or for any other purpose. It is dangerous. They must use a bed-pan or urinal.

FACTS ABOUT PNEUMONIA.

Pneumonia is spread by coughing, sneezing, spitting, or handling articles soiled by discharges from the nose and throat. Pneumonia sometimes follows measles, whooping cough, influenza or grippe, childbirth, irritation from gases, dust and chemical fumes, severe injurious operations performed with ether or chloroform, overwork, lack of sleep and exercise, excessive smoking, exposure, sudden changes in ways of living, brathing bad air etc. Do not take aspirin or cough medicine without the doctor's orders. Pneumonia is infectious.

HOW TO TELL PNEUMONIA.

Pneumonia comes when a person is run down, often following a neglected cold. It usually starts with a severe chill, great prostration, loss of appetite, heavy sensation in the chest generally made worse by coughing or breathing, followed in a few hours by bloody spit. Sometimes there is no chill or pain in the chest but only rapid breathing and blueness of the lip. If you have any of these signs or symptoms, go to bed at once and call a physican.

HOW TO PREVENT PNEUMONIA.

Keep the discharges from noses and throats of other people away from you. Keep your hands, pencils and other such things away from your mouth. Cover your mouth when sneezing or coughing. Boil all eating utensils after using. Do not spit upon floors, streets or inpublic places. Ventilate your home and working place thoroughly. Wear suitable clothing. Get plenty of sleep and outdoor exercise. Do not overeat, watch for colds, specially "grippe colds" which cause aching in the limbs, and a "sick-allover" feeling.

WHEN RECOVERING FROM PNEUMONIA.

Follow the physician's advice, he knows more about pneumonia than you do. Be sure not to get out of bed before he tells you it is safe to do so. Getting out of bed too soon may cause the disease to start again. It may injure you for life. Do not go back to work too soon. Serious heart and other ailments may follow any unnecessary exertion while you are in a weakened condition. Nature is good to those who try to help her. You can help Nature best by doing exactly as your physician directs.

Metropolitan Life Insurance Publication.

In Abyssinia no one is allowed to use the telephone directly. All messages must be written out and given in to the operator who shouts them into the transmitter at the top of his voice, so that everyone can hear.

Home-made Remedy Stops Cough Quickly

Finest cough medicine you ever used. Family supply easily made. Saves about $2.

You might be surprised to know that the best thing you can use for a severe cough, is a remedy which is easily prepared at home in just a few moments. It's cheap, but for prompt results it beats anything else you ever tried. Usually stops the ordinary cough or chest cold in 24 hours. Tastes pleasant, too—children like it—and it is pure and good.

Pour 2½ ounces of Pinex in a 16-oz. bottle; then fill it up with plain granulated sugar syrup. Or use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. Thus you make 16 ounces—a family supply—but costing no more than a small bottle of ready-made cough syrup.

And as a cough medicine, there is really nothing better to be had at any price. It goes right to the spot and gives quick, lasting relief. It promptly heals the inflamed membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splendid for bronchitis, croup, hoarseness and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, famous for its healing effect on the membranes.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded.

Pinex Co., Toronto, Ont.

(Continued)

Some two hundred yards from the river it raised its great square bulk against the background of black, star-flecked sky. From the facade before me down to the spot where I stood by the water, came a flight of half a dozen terraces, each balustraded in white marble, ending in square, flat-topped pillars of Florentine design. What moon there was revealed the quaint architecture of that stately edifice and glittered upon the mullioned windows. But within nothing stirred; no yellow glimmer came to clash with the white purity of the moonlight; no sound of man or beast broke the stillness of the night, for all that the hour was early. The air of the place was as that of some gigantic sepulchre. A little daunted by this all-enveloping stillness, I skirted the terraces and approached the house on the eastern side. Here I found an old-world drawbridge — now naturally in disuse—spanning a ditch fed from the main river for the erstwhile purposes of a moat. I crossed the bridge, and entered an imposing courtyard. Within this quadrangle the same silence dwelt, and there was the same obscurity in the windows that overlooked it. I paused, at a loss how to proceed, and I leaned against a buttress of the portcullis, what time I considered.

I was weak from fasting, worn with hard riding, and faint from the wound in my shoulder, which had been the cause at least of my losing some blood. In addition to all this, I was shivering with the cold of my wet garments, and generally I must have looked as little like that Bardelys they called the Magnificent as you might well conceive. How, then, if I were to knock, should I prevail in persuading these people—whoever they might be—of my identity? Infinitely more had I the air of some fugitive rebel, and it was more than probable that I should be kept in durance to be handed over to my friends the dragoons, if later they came to ride that way. I was separated from those who knew me, and as things now stood—unless this were, indeed, Lavedan—it might be days before they found me again.

INSTALMENT 6.

I was beginning to deplore my folly at having cut myself adrift from my followers in the first place, and having embroiled myself with the soldiers in the second; I was beginning to contemplate the wisdom of seeking some outhouse of this mansion wherein to lie until morning, when of a sudden a broad shaft of light, coming from one of the windows on the first floor, fell athwart the courtyard. Instinctively I crouched back, into the shadow of my friendly buttress, and looked up.

That sudden shaft of light resulted from the withdrawal of the curtains that masked a window. At this window, which opened outward on the balcony, I now beheld—and to me it was as the vision of Beatrice may have been to Dante—the white figure of a woman. The moonlight bathed her, as in her white robe she leaned upon the parapet gazing upward into the empyrean. A sweet, delicate face I saw, not endowed, perhaps, with that exquisite balance and proportion of feature wherein they tell us beauty lies, but blessed with a wondrously dainty beauty all its own, a beauty perhaps, as much of expression as of form; for in that gentle countenance was mirrored every tender grace of girlhood, all that is fresh and pure and virginal.

I held my breath, I think, as I stood in ravished contemplation of that white vision. If this were Lavedan, and that the cold Roxalanne who had sent my bold Chatellerault back to Paris empty-handed, then were my task a very welcome one.

How little it had weighed with me that I was come to Languedoc to woo a woman bearing the name of Roxalanne de Lavedan, I have already shown. But here in this same Languedoc I beheld tonight a woman whom it seemed I might have loved, for not in ten years—not, indeed, in all my life—had any face so wrought upon me and called to my nature with so strong a voice.

I gazed at that child, and I thought of the women that I had known—the bold, bedizened beauties of a Court said to be the first in Europe. And then it came to me that this was no demoiselle of Lavedan, no demoiselle at all, in fact, for the noblesse of France owned no such faces. Candour and purity were not to be looked for in the high-bred countenances of our great families; they were sometimes [illegible] in the faces of the children of their retainers. Yes, I had it now. This child was the daughter of some custodian of the demesne before me.

Suddenly, as she stood there in the moonlight, a song, sung at half-voice floated down on the calm air. It was a ditty of old Provence,a melody I knew and loved, and if aught had been wanting to heighten the enchantment that already ravished me, that soft melodious voice had done it. Singing still, she turned and re-entered the room, leaving wide the windows, so that faintly, as from a distance, her voice still reached me after she was gone from sight.

It was in that hour that it came to me to cast myself upon this fair creature's mercy. Surely one so sweet and saintly to behold would take compassion on an unfortunate! Haply my wound and all the rest that I had that night endured made me dull-witted and warped my reason.

With what strength I still possessed I went to work to scale her balcony. The task was easy even for me in my spent condition. The wall was thick with ivy, and, moreover, a window beneath afforded some support, for by standing on the heavy coping I could with my fingers touch the sill of the balcony above. Thus I hoisted myself, and presently I threw an arm over the parapet. Already I was astride of that same parapet before she became aware of my presence.

The song died suddenly on her lips, and her eyes, blue as forget-me-nots, were wide now with the fear that the sight of me occasioned. Another second and there had been an outcry that would have brought the house about our ears, when, stepping to the threshold of the room—

"Mademoiselle," I entreated, "for the love of God, be silent! I mean you no harm. I am a fugitive. I am pursued!"

This was no considered speech. There had been no preparing of words; I had uttered them mechanically almost—perhaps by inspiration, for they were surely the best calculated to enlist this lady's sympathy. And so far as went the words themselves, they were rigorously true.

With eyes wide open still, she confronted me, and I now observed that she was not so tall as from below I had imagined. She was, in fact, of a short stature rather, but of proportions so exquisite that she conveyed an impression of some height. In her hand she held a taper by whose light she had been surveying herself in her mirror at the moment of my advent. Her unbound hair of brown fell like a mantle about her shoulders, and this fact it was drew me to notice that she was in her night-rail, and that this room to which I han penetrated was her chamber.

"Who are you?" she asked breathlessly, as though in such a pass my identity were a thing that signified.

I had almost answered her, as I had answered the troopers at Mirepoix, that I was Lesperon. Then, bethinking me that there was no need for such equivocation here, I was on the point of giving her my name. But noting my hesitation, and misconstruing it, she forestalled me.

"I understand, monsieur," said she, more composedly. "And you need have no fear. You are among friends." (To be continued.)

Why Did Santa Settle In North?

Why Santa Claus went up to the land of ice and snow and made his home there is a mystery. Perhaps he chose it because he knew that he would be uninterrupted there all year long while he made his toys—unless, of course, Arctic explorers dropped in upon him for a visit. Perhaps he thought that his reindeers liked the cold, and that he could always get a new supply for his sleigh when his first team became too old for work. Perhaps he thought it better not to risk too sudden a change of climate, since his visits to the Northern nations always come in the winter time. Perhaps he just naturally liked the North Pole better than any other place. At any rate he has lived there for a great many years, and there seems to be no signs of his moving for a long time yet.

Santa Claus didn't always have the habit of bringing everyone Christmas presents. He learned that only late in his life, though that was long before any of you boys were born.

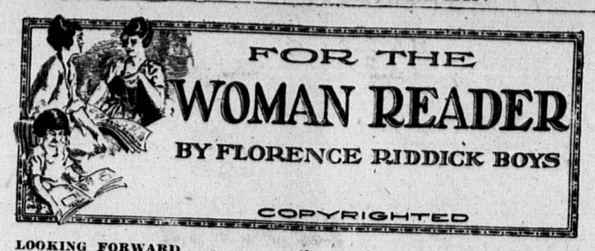
He didn't always have the name Santa Claus either. Hundreds and hundreds of people called him St. Nicholas. Little French children used to call him "Bonhomme Noel." English children sometimes still call him "Father Christmas." Little German children, who used to think that it was the Christ Child who brought the presents, called him "Kris Kringle," and the little Dutch children who came out to this continent ever so long ago called him "San Nicolaas" and say it quickly and not pronounce it exactly as it is spelled you can guess from where the name "Santa Claus" came. Incidentally, it was the little Dutch children who first showed him how to get to North America. Before they came he didn't visit this continent at all at Christmas.

REMARKABLE INFANT.

Santa Claus, under the Name of St. Nicholas, has had to do in his time a great deal of work that had nothing whatever to do with Christmas. When he was a tiny babys St. Nichola showed that he was to be a great and holly man, for it is said that when he was only a few days old he stood up in his bathtub and prayed for two hours and he always fasted on Fridays. His parents sent him to school when he was very young and not long after he was made a Bishop. It was that fact that led to the custom in many countries of appointing boy bishops in the Chrismas Season. That ceremony has died out now.

When St. Nicholos grew up he made such a name for himself as being a very holy and powerful man that he was chosen to be Bishop of Myra on the death of the former bishop, which occurred while he was visiting Palestine. There he lived for many years, doing good to everyone and helping to keep the powerful from oppressing the poor. He was noted for his generosity and there is a story about his throwing three purses of gold in a window, to help the three daughters of a man who was too poor to give them a marriage dowery and who, consequntly didn't know what he was to do about providing for their future. These gifts came unexpectedly and it was only afterwards that the father found out who had sent them. Naturally people came to say, whenever they received presents they didn't expect, that St. Nicholas had brought them, and, as his feast day fell on the 25th of December, he soon became the person who brought gift on Christmas Eve and everyone followed his example and gave presents to all theis friends.

That is how St. Nicholas learned to bring Christmas presents and, as it is a very pleasant habit, every child hopes that he won't ever forget it.



LOOKING FORWARD TO CHRISTMAS.

"Lo! now is come our joyful,st feast!
Let every man be jolly.
Each room with ivy leaves is dressed,
And every post with holly."

Get ready for Christmas now. Why postpone it until the eleventh hour; then rush frantically from shop to shop, jostling the crowds, standing in line to be waited on, finding assortments broken, and finally snatching an inappropriate and expensive gift because we coudn't find anything better.

And that isn't all. We mail the paskage late; it is congested in the mails and arrives a few days after Christmas—at the same time with the indigestion and reaction.

Granted! Christmas, Merry Christmas, has developed into an awful bugbear. Trouble is, our love is the maximum, our purse the minimum , "and never the twain shall meet"—maxi and mini.

Still we must face the issue. December twenty-fifth is as inevitable as "the ideas of March". 2 To fare it takes courage, commonsense and cash. Might as well take the bull by the horns and twist a very trying situation into a reasonably successful one. Here's a recipe for that Kind of Christmas.

First take stock of all the friends you would like to remember with a gift. Consider it "watered stock" and squeeze out the water. That is, send to three forths of that list a Christmas card with a warm true sentiment on it—even such as glows in your heart of hearts for them.

Of course, that is disappointing to you. You did want to give to John and Jane and Sue a gift commensurate with your regard for them. But it isn't all a calamity. Christmas is a holiday which makes the whole world kin. Ten chances to one they are feeling towards you just as you are feeling towards them; and will thank their lucky stars that you didn't give them a present when they couldn't give one to you. If you don't obligate a friend that's some thing.

But do not cut out the children, the aged, the lonely or the handicapped. The children—why, bless them, Christmas is their day. And the aged, the lonely and the handicapped—what is more blessed than to bring joy to them.

To give a child practical presents is not enough. Each child should have some "fun presents". Price has no relation to fun. The five cent doll, with the bright red dress, may give more rapture than the five dollar complicated contraption.

All your gifts, however small—and it is a pity to have them overexpensive—should be well chosen. Is there anything more heart-rending than to have James blow himself on buying you a brilliant purple dress, when you have so much wanted a quiet one? Or to have dear Aunt Lobelia tie you up for life to a heavy, over-ornate tea-set, when you had your eye on a really artistic one? A good plan, in such intimate cases is to give a present of a draft on the store. This is accomplished by making a deposit at the store with the understanding that the receiver is to select his own gift.

For the wife, the problem supreme is, what to give to "him". The family money is his money. He earned it, and he needs it. and to spend it will not give him joy—and yet . . . oh, it is SUCH a problem. Then there is the other case, when James can so easily get everything he wants—and does—and what can a devoted wife give him which will realy make him ripple on the surface of his merriment?

For such homes, one of the nicest things to do for him, is to make the day his day. Make a fuss over him; decorate the house for him; dress your prettiest for him; have the table charming and serve for dinner the things he likes best. On place cards write fitting quotations breathing home sweetness and Christmas joy. Slip back with him into the spirit of court-

HOW TO USE DRIED FRUITS

Dried fruits are economical in that you do not pay for water when you buy them. They are all food, except the stones. Fresh fruits are largely water. Dried fruits lose some of their vitamin value,, but not all; and their mineral salts are unhurt by the process of drying.

To make dried fruits more palatabe, serve them in a variety of ways. Thew may be stewed and made into a jelly by adding gelatin while the sauce is hot. Pour this into molds and serve with cream, whipped or plain.

Cooked apricots, prunes, figs, dates and raisens are good additions to salads. Seasoned well, the cooked dried fruits make fine tapioca puddings, or pies, or in making Brown Betty, or a pudding with rice. Apricot butter is made by cooking the stewed apricots down to the consistency of fruit butter, watching that they do not burn, and then mashing them with the potato masher.

Dried fruits should be first thoroughly soaked; over night is best; in plenty of water, enough to come an inch or more above the fruit. They should be slowly cooked a long time, until perfectly tender and the water nearly cooked over them. Sloppy, watery dried fruit sauce holds no comparison to the rich, syrupy fruit carefully cooked down. Vanilla, spices, vinegar, lemon peel, lemon juice, or some of the fruit flavors on the market are valuable to add to dried fruit sauces the tang they lack.

WHEN BABY HAS THE COLIC.

Colic is a form of indigestion, and is a sign that baby is getting more food than he can care for. It is not a serious sympton, for a healthy baby. He may have it for months and grow fat on it. But it may be serious for the rest of the family, and what is the use of putting a "big square meal" into a little round tummy?

When a baby has the colic, gently rub the abdomen with the warm hand, or massage it with sweet oil. Wrap the feet in a warm flannel. Give hot water internally. Add a soda-mint tablet, if you wish. Repeat the hot water in ten or fifteen minutes.

Hold the baby in an upright position, over the shoulder, that it may, belch up the gas which is distressing it. A baby may be laid, face downward across a hot water bottle or a warm flannel blanket—but be careful to turn its nose out that it may breathe, and do not have the hot water bottle to hot.

If a nursing baby is subject to colic, lengthen the time between feeding, or give a meal of half water and half food. Substitute water for the omitted meal. When giving a half water feeding, give the the water first, for the baby will refuse water after nursing.

SMILES.

She wrote home from college:
"Dear Mother: I don't think I can get along in this room. There aren't half enough chairs to hold my clothes."

The rich new son-in-law is a "credit" to the family.

A WOMAN'S WORK FOR CHILDREN.

Many motherly women are proving very serviceable in Juvenile Courts. In olden times we used to put child offenders in jail with hardened criminals. This experience was an education in crime and made criminals of many who could have been saved.

To haul a child into jail, taking him there in a patrol wagon, and then bringing him into open court, placed a stigma upon him and gave him a push in the wrong directio.

In juvenile courts today, the offending boy and girl are dealt with by those especially qualified to understand and help them. Their case is thoroughly investigated: family, home, companions, habits, surroundings, tastes and ideals, physical and mental condition. Sometimes a defect is found which is responsible for his delinquency. If the home surroundings are not favorable, the child is placed in better surroundings, or left in his own home on probation. While on probation the officer visits his home regularly and tries to help the child and the parents.

BROWN BETTY.

This is a good old-fashioned apple dish.

Pare and chop six apples; place a layer of apples in a well-buttered pudding dish, then a layer of bread crumbs, sprinkle with brown sugar and cinnamon, repeat until the dish is full. Add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown, and serve with plain or whipped cream.

HOT SCHOOL LUNCH.

A school lunch of a few sandwiches and a pickle will not build up brainy, brawny school children. A hot lunch at noon is necessary to make them strong and alert. This may be cocoa or vegetable soup, plus the lunch brought from home. It can be easily managed if the teacher is willing, and if parents give enthusiastic cooperation.

DON'T BE A CATERPILLAR.

Gluttony is the crime of the age. When the world is so full of accessible things to eat today, it is hard to have will power to keep the weight down to "the perfect thirty-six".

Go to the caterpillar, thou glutton; consider ways and be wise. She eats six times her weight every month.

Don't be a caterpillar.

BLANKETS.

To make blankets wear longer, cut them in two at the double or foot end and sew the top ends together, facing the raw ends where they were formerly joined. This will distribute the wear. If they have shrunk from washing, lengthen them by an addition from outing flannel. This will permit you to tuck them snugly unthe foot of the bed.

COMMON COLDS.

The "common cold" is altogether too common. One person out of three has a cold—and colds are contagious.

One needs to fight the common cold with common sense. When we have been in a cold-infested room, we should try to wash away the cold germs before they get their hooks in; brush the teeth, gargle the throat and spray the nose or use a nasal douche. Since colds are so prevalent, this is a pretty good program for every night. Plenty f sleep, fresh air, and laxative diet are the best remedies for the common cold. If we get an uncommon cold more strenuous measures are needed. Even the ommon vegetable variety of cold is serious, for it lessens bodilly vigor and may leave some lasting ailment in its wake.

MRS. SOLOMON SAYS.

A Scold is unloved.

ALL IN THE WRAP.

Just now they call it a scarf cape. But in reality it is nothing but a shawl of cape proportions beautifully embroidered and worn as an evening wrap. The wrap is the thing. For if the wearer does not know just how to wrap it about her she looks either rapid of rabid. The vogue was originated by a French actress who with such a scarf can iminitate any costume from that of a Norman peasant to a Montmartre midinette.

THE GRANADA MODEL is of a charming exterior beauty to match the superb music of the Orthophonic Victor within. A Christmas gift supreme—obtainable at all "His Master's Voice" Dealers—at $200.00. The Credenza, a larger model, equally beautiful, at $365.00.

The New
Orthophonic
"True in Sound"
Victor

Scientific Facts

A Japanese university has established a chair of alcholic research.

A new automobile bumper can be extended to support a tourist's bed at night.

Venezuela after extensive experimenting has begun the production of raw silk.

A small telescope has been added to a sun dial intended for residence grounds.

A Bohemian has made a clock entirely of glass with the exception of the springs.

Measuring the percentage of shrinkage in lumber is the purpose of a new precision rule.

Automobile speeding has been checked in a Fench Town by the construction of shallow trenches in the streets

The heat from electric light bulbs is sufficient to cook food in a new, well insulated fireless baking utensil.

An inventeor in South Africa has developed a floating paddle wheel turned by a river current to operate a pump.

A space saving office waste basket can be hung under a desk top in the same manner that a typwritter is mounted.

A fuel mixture composed of four parts of brown coal oil to one of black is being successfully used in Czechoslovakia.

Carbon paper is fed downward from a roller without being touched by the fingers with a new typewriter attachment.

An Englishman is the inventor of a strong steel cage to be hung outside a window to give a baby an airing in safety.

A new mirror for dressing tables is connected to its base by a ball and socket joint that holds it firm at any angle.

The base of a 400-foot radio mast in Australia rests upon piles of glass plates, any of which can be replaced if broken.

Proof against freezing, a hand or motor operated pump has been invented that lifts water on the links of an endless chain.

A Mexican tree has been found to yield a resin that can be used in fine varnishes and is insoluble in alcohol or gasoline.

Loads weighing 5000 pounds and of almost any form can be moved about floors with a new truck having six small steel wheels.

Experts have estimated that Africa has produced 75,000 pounds of the 421-2 tons of diamonds in existence throughout the world.

The wrinkles on one side of a new hair pin that has unusual staying power are bent at right angles to those on the other side.

The black coal mines of the South Harz district of Germany are being operated again after been abandoned for 60 years.

A tractor drawn scrapper has been invented by a Virginia engineer to cut terraces in hillsides to prevent their erosion by rain.

In an English inventor's motion picture projecture light from powerful incandescent lamps, is reflected from fireproof paper films.

The world's largest electric shovel, having a capacity of 12 tons in each movement, is being used in a Pennsylvania iron ore field.

On the tower of a building in a European city a barometer dial 18 feet in diameter with a hand weighing 100 pounds has been erected.

A winch that holds several hundred feet of wire rope has been invented that can be attached to tractors and operated by their engines.

Australia has begun an airial mail service that eventually will cover the entire Island and reach many places now difficult of access.

An instrument resembling a telescope its large end being held against the lenses, has been invented for focusing automobile headlights.

The French goverment regards experiments with miniature airplanes by amatures so seriously that it awards prizes for designs and flights.

A new potato masher of the disk type can be taken off its handle for cleaning and to have it take up less room in a kitchen table drawer.

A tribe of Natives have been discovered in Peru the members of which do not seem to be able to live at a lower altitude than 12000 feet.

For holding small plants that are to be transplanted, flower pots that dissolve after been placed in the soil have been invented.

Equipped with a very sensitive telephone, a device has been invented to test the strength of metals by the sounds they make under strains.

Of French invention is an ultraviolet ray apparatus to give a person as thorough a coat of tan as though he had spent weeks in the hot sun.

A practically unsinkable fabric boat that can carry one adult or two children can be rolled for carrying and inflated for use with a tire pump.

Ants that bore out the mortar from between bricks in houses in Argentina are being successfully fought with poison gas, pumped into their nests.

An electric heater to be clamped to the edge of a kettle has been designed for cooking oysters and other foods fried in large quantities in oil.

Butterflies absorb perfume from flowers, according to an English naturalist, who claims to be able to indentify certain species by their odors.

More than half of the window glass, one third of the plate glass and one eighth of the bottles used in the United States are made in Pittsburgh.

A Russian engineer has designed a seaplane with which he hopes to fly from France to Brazil on the lines of a sea plane that jumps from wave to wave.

A Christmas Tale Of Rare Vintage

This is a tale of a merry Christmas carol sung by some women three hundred years ago. There were modernists even in those days.

"There was sometimes an old Knight, who, being disposed to make himself merry in a Christmas time, sent for many of his tenants and poor neighbors, with their wives, to dinner; when, having made meat to be set on the table, would suffer no man to drinke, till he that was master over his wife should sing a carrol, to excuse all the company: great niceness there was who should bee the musician, now the cuckow time was so far off. Yet, with much adoe looking one upon another, after a c-hemmme or two, a dreaming companion drew out as much as he durst, towards an ill-fashioned ditty. When, having made an end, to the great comfort of the beholders, at last it came to the women's table, where likewise commandment was given, that there should no drinke bee touched till she that was master over her husband had sung a christmas carroll; whereupon they fell all to such singing, that there was never heard such a caterwauling piece of musicke. Where at the knight laughed heartely, that it did him halfe as much good as a corner of his Christmas pie."

(From a collection of tales written in 1600.)

Cuticura Talcum Is The Ideal Powder

Its purity, smoothness and fragrance, combined with antiseptic and prophylactic properties which help to overcome disagreeable odors, make it an essential toilet requisite.

Sample Each Free by Mail. Address Canadian Depot: "Dominion House, Ltd. Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c