

"It tastes fine!"

said **BILLIE**
age 10 years



GROWN UP! Try this pleasant way to fight off colds and other winter ills

Mothers! See how easy it is to get youngsters to take cod-liver oil now

Do your children hate plain cod-liver oil? Then read this—and find the end of your trouble.

Billie Balfour was very busy with a soccer ball when the Scott's Emulsion reporters snapped the above picture in front of this young man's home, 146 Douglas Drive, Rosedale, Toronto. We had learned from his mother, Mrs. C. E. Balfour, that Billie had no use at all for plain cod-liver oil. And just to see if her boy would take Scott's Emulsion of Cod-Liver Oil more willingly, she asked Billie to try some. Billie swallowed a spoonful. He grinned. "Say, it tastes fine!"

Pleasanter to take—but that isn't all! Pale, thin, run-down children need cod-liver oil. Give them the pleasanter form—Scott's Emulsion.

Scott's Emulsion hasn't that strong "fishy" taste. It brings you purest, Norwegian cod-liver oil in a perfect emulsion. Easier to take—easier to digest. You get more good out of Scott's Emulsion and feel the benefits quicker.

Scott's Emulsion contains no alcohol. It is rich in vitamin A, the growth-promoting vitamin that helps guard against disease. Rich in vitamin D, the sunshine vitamin that prevents rickets. It contains minerals that help form sound bones and teeth. A special advantage for growing children, infants, nursing and expectant mothers.

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SCOTT'S EMULSION
OF **VITAMIN-RICH COD-LIVER OIL**
Pleasanter to take—Easier to digest

Save The Birds

OUR WINTER FRINGILLIDAE

(By Wm. H. Moore in Educational Review.)

Without doubt this family of birds is one of the most important so far as known from an economical standpoint.

They might be artificially divided into tree and ground species. Some of our winter species are included in the tree division, others are ground dwellers and rarely even alighting in trees.

We shall treat them as they are listed by the American Ornithologists' Union.

The evening grosbeak (*Hesperiphona vespertina*) is very local in its feeding places, and as its food while in our country is mainly composed of the fruits of ash, sumac and rowan trees and as these trees are not evenly distributed therefore the birds are unevenly divided over our wide areas.

At my home there has never been one of these birds seen, while at a distance of less than four miles they may be quite regular visitors. This species is rather easy of identification, as its colors range from mainly yellow to yellowish gray, with large light colored bill. It is, in all, a beautiful bird of trusting disposition, allowing peaceful observers to approach within a few feet as they feed diligently either upon tree fruits or upon food provided them at feeding stations.

The pine grosbeak (*Pinicola enucleator*), a near relative of the former species, although being slightly larger, has a smaller beak, and the predominating colors are reddish and gray, and agreeing with the evening grosbeak in apportioning the bright colors to the adult males, while the females and young males are grayish with some yellowish tan but rarely reddish suffusion. The food of this species consists of various fruits and seeds with a flavoring of buds of spruce and fir. The pine grosbeak is rather rare as a summer resident, but probably breeds in wilderness areas in the more easterly provinces as it does in New Brunswick. Their pleasant calls as they fly about, and their social talking as they feed together either on the trees or upon the fruits that have fallen, is most pleasant. Unless annoyed and disturbed these birds put full confidence in man, and one may approach closely to observe them.

The purple finch (*Carpodacus purpureus*) is a small edition of the pine grosbeak, being about one-third smaller, and similarly colored except that the reddish has a more purplish wash. The purple finch is a permanent resident but rather rare in winter and one of our sweetest singers. The mocking bird in the *gwpselsoo 'laes-an tttaooinlio* estimation of the writer is unable to compete favorably as a musician as compared to this jolly, floating, forth his joy to the modest gray colored bird of his choice. In winter these finches partake of buds of various trees, fruit trees included, seeds of many kinds, including those of the burdock and red-rooted pigweed, and in summer insects are the chief diet. All in all, this is a most highly beneficial species and one that should be dealt with on most friendly terms.

The house or English sparrow (*Passer hostilis*) if given unprejudiced notice will be found one of our beautifully colored fringillidae. The adult males in full plumage have few equals in color pattern while the browns of the young and females are quite in keeping with their surroundings. Let us have a good word for this alien until they do grievous harm. Then we may change their minds and manners. They certainly pick up many injurious insects, which will balance a goodly portion of the useful grains and fruits they may manufacture into more passers.

The red crossbill (*Loxia curvirostra*) is one of our erratic permanent residents. Erratic, because they feed upon the seeds of the firs and spruces, and when these trees have not a crop of seeds in one locality the birds go elsewhere. In summer, insects infesting elms are a favorite food and in this locality we may expect to hear the chip, chip, of these birds as they fly high overhead searching for trees in which they may garner a goodly feast. As the name implies, red is the predominating color of

the adult males. The females and young males are clothed in shades of brown and gray, with often an overwash of yellow. The plumage of the males as they assume the reddish tone is a wonderful assortment of grays, pinks, yellows, greens and reds. No two specimens will be found similarly marked.

The white-winged crossbill (*Loxia leucoptera*) similarly colored as the red species but with the addition of two white wings bars, is nearly equal in size to the red species, the house sparrow and the purple finch, and as a joyous songster is equal to the last named, but is seldom heard by the ordinary person as their love songs are rendered over woodlands where these birds seek their food in the form of seeds of conifers and buds of trees. The crossbills nest during the wintertime and young have been brought to our feeding board in March, and having at this time the natal down attached to the tips of the contour feathers, and the mandibles are not grown enough to be crossed. Young birds in the same conditions have been seen in early summer, so we may assume that the breeding season extends over some months of time.

The redpolls, of which *canthes linaria* is the most common form are sprightly little mites, smaller even than the goldfinch, but they make up in numbers what they lack in size and their ability for absorbing weed seeds is marvellous. The seeds of birches and spotted alders also constitute a considerable item in the bill of fare. The redpolls arrive from the northern breeding grounds in October and continue with us in greater or lesser numbers until they take their departure in late April or early May. Other forms of redpolls are the hoary, which has an unstreaked very slightly larger, but all feed to white rump, and hobboles, which is together and so much resemble each other that it is difficult for one to distinguish between them unless the specimens are in hand. All the forms show an area of dull crimson on the crown.

The goldfinch or thistle bird (*Austragalinus tristis*) that bright yellow little bird with black crown wings and tail, which we associate with hot sunny days in summer time occasionally remains with us over the winter, but at that season all robed in plumage similar to that of the female in summer time. The male assumes the yellow plumage and black crown in April. If there is an abundance of seeds for food the cold weather to be no fearful problem for these small forms to combat and they are cheerful in winter as in summer.

The pine siskin (*Spinus pinus*) that streaked little bird smaller even than the redpoll and goldfinch is one of our most erratic little residents. They may be with us in goodly sized flocks today and may not return for months. In springtime considerable yellow shows in the plumage of wings and tail of the male birds and they display these parts to best advantage as they sing and disport before the females. The slender fine pointed bill of this species is a very suitable instrument for picking the fine seeds upon which they feed. The siskins have a call note closely like the eye-ee of the goldfinch and a pleasant twittering as they fly high over head or while feeding.

The snow bunting (*Plectrophenax nivalis*) comes to us from the northern breeding grounds in Labrador and Greenland sections in October as a rule, sometimes in late September, and remains until April or May. In flight, white is the predominating color, but when the wings and tail are folded a mottled color of black and tans constitute the main colors of the upper parts. Weed seeds and grass seeds, with the addition of a very few winter insects, comprise the food of these beautiful birds while they patrol our fields and waste places, assisting greatly in lessening man's labor of eradicating weed in summertime.

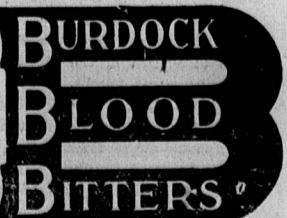
The tree sparrow (*Spizella monticola*) with its reddish-brown cap closely resembles the summertime chipper and may be seen along riverside and roadside growths of shrubs and weeds, feeding upon various weed seeds, a valuable ally to man in the fight against plant enemies.

The junco (*Junco hyemalis*) is an irregular winter resident, yet it is not uncommon to come across these modest slate colored little birds in suitable sheltered localities. However, the greater number go farther south during our cold season, perhaps to take lessons in voice culture as they exercise their singing abilities in uttering their weak twittering song quite persistently upon their return, if the weather is favorable.

Dizzy Headaches and Fainting Spells

Mrs. Lloyd Babcock, Hartington, Ont., writes:—"Some time ago I was all run down in health. I had dizzy headaches, and suffered a great deal with fainting spells. I was advised to try Burdock Blood Bitters and after taking two bottles I felt like a new person."

"My husband was troubled with indigestion, after meals, and could get nothing to do him any good until he took B.B.B."



Manufactured for the past 51 years, only by The T. Millburn Co., Ltd., Toronto, Ont.

More Bright Spots

These days we are looking for "Bright Spots" to help keep up our courage.

The RED ROSE TEA travellers are particularly fortunate.

Due to their big increase in sales, they are finding many "bright spots."

We published a few before... here are a few more, and more will follow.

Bright Spots Today

Chatham, N. B.
Customer with two stores here says he is selling more Red Rose than any other package tea.

At Adamsville yesterday, a grocer said, "I used to sell twice as much of another kind as I did Red Rose, but it's just the reverse now."
E. R. Sharty, Traveller.

Bright Spots Today

A bright spot today. Customers just said, "A 10 lb. box used to do us between your cups, but last time we had 30 so this time you better send a 70 lb. box."
E. F. Keith, Traveller.

Bright Spots Today

Sydney, N. S.
One of the old Sydney merchants greeted me on entering his store, saying—"No use talking, Trites, Red Rose must be good tea for it has the demand."

"Other brands may slow you up at times, but looking back over a period of years, Red Rose always comes back again strong, and there don't seem to be a brand on the market that has created constant demand like Red Rose."
G. A. Trites, Traveller.

Bright Spots Today

Halifax, N. S.
I was told today in a large grocery "Red Rose is our best seller by far."
H. W. Purdy, Traveller.

Bright Spots Today

Saint John, N. B.
A customer of mine says a woman told him, "We have just started using Red Rose Orange Pekoe Tea and find it goes about twice as far as any other." These are Ontario people.
T. D. Estabrooks, Traveller.

NO WONDER Red Rose Tea sales are beating all records!

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They are easy to handle and quick and sure in results.

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Gardening

MAKING OUT THE SEED LIST

A relatively small quantity of seed will plant a large area. The collection of seed to plant a city garden is a small expense, but in selecting varieties the best should be taken. It is not possible to state a hard and fast test of best varieties, because they vary according to soil and climate, but inquiry among successful gardeners of the community and of the seedhouses serving the district will bring the information as to the most successful varieties for your garden. Many seedhouses select lists best fitted for certain districts.

Not more than ten or a dozen different kinds of vegetables should be attempted in the small home garden. Vegetables requiring large space such as corn, potatoes and cabbages should not be tried. A list of vegetables adaptable to the small garden consists of string beans, peas of the dwarfest types, beets, carrots, tomatoes, radishes, lettuce, spinach, young onions, lima beans, Swiss chard.

Pole beans are an economy of space as more beans can be obtained from less space by far than from bush beans. This is particularly true of the limas.
Peas require too much space to be

The white of the plumage of the junco is kept from view, the white on the body is all on the underparts, and the white of the tail is only disclosed when the tail is spread during flight or when demonstrating before the opposite sex. Not infrequently cases of albinism are noticed and individuals with all, or partially, white feathers covering may be observed.

The tree sparrows (*Melospiza melodia*) is oft times observed during our severe winter season and seems to be partial to river valleys where a considerable crop of weed seeds were ripened during the summer in waste places and thickets. Another seemingly favorite visiting place in winter is about grist mills where more or less grain gets scattered or the miller may purposely throw out grains for their benefit. But the season of song begins only after the sun's rays have a warming effect in late winter. The song sparrow may be known from the other winter fringillidae by its longer tail which is nearly one half the total length, and slightly longer than the wing.

The tree sparrow, too, has a dark blotch in the centre of the breast, but has a shorter tail and more reddish crown.
Scott's Lake, N. B.

really a god crop for a small garden, but everybody will want at least a few messes from the home grounds as they are the finest quality. A very dwarf type should be selected for the small plot.

To many radishes and lettuce usually are planted. All that are needed or that will mature for use can be planted between the rows of later vegetables and be out of the way before the larger growing kinds need the room. The average gardener better stick to leaf or cos lettuce. Good head lettuce is a job for a skilled gardener and a lot of professionals don't do so well with them.

Carrots and beets can be sown at any time, the latter both for tips and roots. These crops can be put in until midsummer as successive plantings.

Tomato plants can be tucked in among the early vegetables to good advantage without interfering. They will have plenty of room after the early plants are done.

LONDON'S ONE-MAN COURT
At a desk with only a few documents and a phone on it, in a room which is still uncarpeted, sits London's first traffic commissioner. He is Mr. Gleeson Edward Robinson, a brisk-mannered and horn-trimmed spectacle man, and he has just taken over a couple of rooms in Sanctuary Buildings, Westminster.

The rooms are practically bare at the moment. But when his job as traffic commissioner for the metropolitan area under the new Road Traffic Act really begins those rooms will be as busy as any place in London.

One-man Court
He will not have anything to do, in the course of his work, with taxis or private cars, or buses, or trams, or commercial vehicles. His job, almost exclusively, is to deal with applications for road service licenses by proprietors of motor coaches who wish to run their vehicles in the Metropolitan Police district and the City of London.

He will be a sort of one-man court. When a proprietor asks for a license to run motor coaches on a particular route in London—and each license has to be for a definite, fixed route—he will hear evidence, just like a judge.
If he thinks there are too many motor coaches on the route, he will say so.
And his word on that is law.
Yet if you say to Mr. Robinson, "you will be a motor coach dictator, then?" he shakes his head vigorously and protests, "no, no, no!"

Mr. Robinson has journeyed himself in motor coaches, like everybody else, but he disclaims any special knowledge of traffic problems. He has not studied London's traffic situation, in any detail. He will bring to the work an open and impartial mind, and will decide each motor coach case on the evidence.

His career has helped to mould a judicial mind.
After his education at King Edward's School, Birmingham, and at London University, he studied law and became a solicitor in London. The war came—he won the Military Cross with bar, and was mentioned in despatches—and when it was over he was called to the bar.

From 1920 to 1925 he was secretary to the Clearing Office (Enemy Debts), and since then he has been the British member of the third division of the Anglo-German Mixed Arbitral Tribunal, which was set up under the Versailles Treaty to decide claims between British citizens and ex-enemy nations.

He has studied public administration, and has written a book, "Public Authorities and Legal Liability."
London's traffic commissioner, with his salary of about £1200 a year, is not a London man. He was born at Dudley, in Worcestershire.

MEAT PACKING INDUSTRY
The slaughtering and meat packing industry ranks third in value of production among the leading manufacturing industries of Canada. The

output last year, valued at \$185,842,902, represented an increase over the preceding year of \$11,400,000 or 6 1/2 per cent. In value of output the slaughtering and meat packing industry is exceeded only by the industries of pulp and paper and flour and grist mill products.

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