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FOR THE WOMAN READER
BY FLORENCE RIDDICK BOYS
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RADIO HELPS HOUSEWIVES
In Oregon, the radio has been utilized to bring lessons on home keeping to stay-at-home housewives. Half hour talks have been broadcast by education extension workers. There have been discussions on nutrition, food, clothing and household finance in all of their many phases.

TO INCREASE CAPACITY OF CLOSET
If you lack sufficient closet space, put a pole across the end of the closet or lengthwise in a small closet. Place all clothes hangers on this pole. It should stand out from the wall. The pole will hold many hangers and multiply the number of garments which can be hung in the closet.

TO SAVE FLOORS.
To keep the legs of your chairs from scratching the hardwood floor, a small piece of felt should be fastened on the bottom of each leg with the best quality of liquid glue.

THE WING CHAIR.
The wing, or fireside chair, is very popular. The little wings sprout out near the top of the chair, and in three guesses you could not tell what is the use of them. They are a relic of the days when houses were heated by fireplaces and the wings were supposed to protect the face from the heat of the burning logs.

MEMORIAL TO HEROIC WOMEN.
A Rhelms, France, a beautiful memorial has been erected to the nursing corps of the World War. The principle group of figures shows two nurses attending a soldier. The legend reads, "In hospitals, under bombardment, and from torpedoes, they braved the enemies fire, contagion, and exhaustion."

Scientific Miscellany
Changing American Geography—Con-roy's Radiometer—The Greatest Blower—The Best Scales—The Increase of Cancer—Non-Malleable Nickel—Wind Power in Germany—Fused Quartz in Astronomy—Grinder for Rough Roads.

What shall be done to protect the southwestern United States from the ravages of floods of trenches, or arroyos that have had a great effect on the distribution of vegetation and the use of the valley floors for farming and grazing? Most of the streams flow between vertical banks of alluvium that vary in height from 10 to 100 feet, but through subject to great floods, they no longer overflow their banks, nor do the adjacent flood plains. Instead, they are constantly widening and deepening and eating headward, while new arroyos are being cut, the changes even causing the abandonment of the villages. As a first step toward determining the cause and suggesting a remedy, Kirk Bryan, in Science, attempts to fix the time of origin of the arroyos, and also evidence that a considerable portion of them at least have followed settlement of the region by whites, many large channels have been formed within the last fifty years or so. The change from the building of flood-plains to the erosion of the arroyos is attributed by most theorists to the introduction of livestock and consequent decrease in the vegetation cover, and the formation of trails. But arroyos have been reported in places where cattle never have been, and another suggestion is that a slight change to greater dryness of climate would decrease the vegetative cover, promote rapid run-off, and be equally effective in producing channel trenching.

Radium-bearing uranium ore is stated on Belgian authority to constitute a great part of certain mines of Congo, while the yield of United States mines, a short time ago the richest source, was only two per cent. The product of the factory treating the Congo ore is reported to have reached a total of 150 grams, an average of 4 grams a month of the world's aggregate production to the present time being estimated at only about 310 grams.

The largest fan, that of the circular shaft of the Government area, Transvaal, is 30 feet in diameter and 10 feet wide, and delivers 900,000 cubic feet of air per minute when driven at 125 revolutions per minute by a 1,425 horse-power compound engine.

As a material for shoe soles, ordinary belting leather has been found by the U. S. Bureau of Standards to have much greater wearing qualities than sole leather. Though both materials are vegetable in nature, the belting leather is the most pliable, and contains twelve per cent of grease, or three times as much as common sole leather. Sole leather with some of the tanning material washed out and replaced with grease, is found to wear twenty per cent longer than the regular product, the effect being attributed to the softness and the pliability imparted by the grease. The soft leather yields without wear to the soft surfaces. A flexible sole leather already produced may endure longer than usual, and so may be considered preferable where a firm leather is not demanded by the severe conditions.

It has been suggested that the modern increase in cancer is only apparent. In the United States, the ten original registration States—Connecticut, Indiana, Maine, Massachusetts, Michigan, New Hampshire, New Jersey, New York, Rhode Island and Vermont—furnish accurate statistics for study over a considerable period, and careful analysis of the figures has shown Dr. J. W. Schereschewsky of Boston that there

Vivid Description Of Aid Given Greek Refugees

(Continued from Page Nine)

here, the need, though diminished, would seem to still exist. The Armenian village, within the city limits, presented in some respects the dreadful housing and living conditions of any, especially as to the crowded huts, hovels, and tent-camps in the northern walls. Swarms of dark-eyed children thronged the narrow lanes of a street, with open sewer ditches that made the motor car a disturbing adventure. Wee little shops abounded, but who buys? One wonders. Everyone appeared to be busy, weaving and embroidery by the women, and various handicrafts by the men. "I was also conducted to the two camps at Piraeus. The one occupying an old factory presented the usual sordid scenes, and old women followed us, asking for food. The dust and debris of the courtyard was bad enough, but what it must be under mud conditions after a rain had been left up of the ground floor, the climax of distressing sights was that of the old theatre in Athens, with families crowded into every box, on the star landing and in the pit. One glimpse of the interior was enough, and I fled.

GRATEFUL TO CANADA.

"I had an interview with the Governor General of Salonica, an appointee of the present Government, who expressed his deep thanks for Canadian philanthropy. "Greece is a poor country," he added, "and could never have met the burden of the refugees without the help of other countries. And he asked for continued assistance. "The Ex-minister of Public assistance of Refugees, and President of the Patriotic Committee of Relief in Greece, Dr. Apostolos Doxiades, gave me the following letter, as literally translated:—

"On the occasion of our acquaintance I feel my duty to express the gratitude of the Greek people for the great support which Canada has offered to our country through The Save the Children Fund, of which the worthy representative Messrs Kennedy, Fernie and Sams have done their utmost to protect in the critical moments the sufferings masses of refugees. I warmly beg you to greet the Canadian people and announce to them that the philanthropic work shown towards us has deeply impressed in our heart the feeling of gratefulness and the name of Canada became dear and respectful to all Greece. "I take the courage to add that even today the struggle did not cease. It is a great and difficult struggle which has been more or less settled, it remains the struggle for the Protection of the Child which has been undertaken by all its efforts by the Patriotic Committee of Relief, of which I have the honor to be the President, the means of which are unfortunately insufficient for all this work."

"The visit to Dr. McPhail's Hospital in Belgrade, the capital of Jugo Slavia, visualized the wide scope and international character of the Save the Children Fund from a new angle. To see the fifty cots filled with as many helpless ones, receiving aid from this beneficent institution, was not only to admire the work of Dr. McPhail and her staff, but to rejoice that the S. C. F. is contributing to its maintenance. No less striking was the attendance of outdoor patients, illustrating that phase of this excellent curative service.

Here again the need was self-evident on the part of crowds of poor people, some of whom had come from long distances. The Jugo Slavia government is gradually increasing its support realizing the value of the hospital, not alone as a temple of healing, but as an example to that and other countries. The constructive side of such a philanthropy is one of the encouraging features of the S. C. F. policy.

"The work among the babies and little folks in other institutions again, the sight of so many helpless little ones receiving the tenderest care was a heartening one. The world is not growing worse when such sights are seen. And in this and every phase of unselfish service represented in the various activities above outlined, there is a true internationalism, a real contribution to present and future peace, and a practical demonstration of applied Christianity, and as a Canadian one is proud to feel that all our own relative plenty, something is being spared for others, even if far away and of another race and language."

SOURIS HIGH SCHOOL.

Souris High School Honor Roll for the month of October:—
Principal's Department:
Grade X (a)—1 Roy Write and Irving Fraser (equal) 2 Marshall Paquet, 3 Kenneth Fraser.
Grade X (b)—1 Elizabeth McDonald, 2 Olga White, 3 George Cheverie.
Grade VIII (a)—1 Irene Buffeth, 2 Edward McDonald, 3 Eugene Lewis.
Miss Paquet's Department:
Grade VIII (b)—1 Agus Paquet, 2 Gladys McKenzie, 3 Elsie Creamer.
Grade VII—1 John Denny, 2 Doris Lockhart, 3 Andrew Gallant.
Miss Acorn's Department:
Grade VI—1 Bertha Poole, 2 Doris McDonald, 3 Ernest Cheverie.
Grade V—1 Edward Noyugh and Billie Acorn, 2 Jessie Bushey, 3 Florence Green.
Miss McKenzie's Department:
Grade IV—1 Bernice Horne, 2 Esther Gillian, 3 Ernest St. John.
Grade III—1 Percy Cheverie, 2 George Lockhart, 3 George Roach.
Miss Brennan's Department:
Grade II—1 Frank McKenzie, 2 John Cheverie, 3 Lemond Gordon.
Grade I—1 Billie Moynagh, 2 Leo McDonald, 3 Dorothy Gillian.

HONOR ROLL

East Royally School month of October:
Principal's Department:
Grade X—1 Marjorie Hooper, 2 Emma McNevin, 3 Isabel Andrew.
Grade VIII—1 Marion MacWilliams, 2 Wallie Andrew, 3 Rose Bradley.
Grade VI—1 Ida Joy, 2 Kenneth Gough.
Miss Holme's Department:
Grade V—1 Edward Love, 2 Jessie Harper, 3 Dixon Holmes.
Grade IV—1 Georgie Harper, 2 Ellen Bradley, 3 Mary Love.
Grade III—1 Mildred MacWilliams, 2 Elsie Henderson, 3 Wilfred Holmes.
Grade II—1 Katherine Carson, 2 Kathleen Wheatley, 3 Bobby Carson.
Grade I (Sr)—1 Esther Harper, 2 Wilfred Robertson, 3 Dorothy Roper.
Grade I (Jr)—1 Edna Henderson, 2 Oliver Holmes.
Perfect Attendance Principal's Department:—Mae Heartz, Wallie Andrew, Isabel Andrew, Emma MacNevin, Jason MacNevin, Marion MacWilliams, George Harper, Marjorie Harper.
Perfect Attendance M'ss Holmes Department:—Macnair Robertson, Wilfred Robertson, Jessie Harper, George Harper, Esther Harper, Dixon Holmes, Wilfred Holmes, Kathleen Wheatley, Edward Love, Mary Love, Elsie Henderson, Edna Henderson, Oliver Holmes.

IN MEMORIAM

WILLARD WEBSTER WARREN.

Willard Webster Warren, formerly of Burlington, P. E. I., died in Cranbrook, British Columbia, on November 12, 1925. He had sustained a period of infirm health for some years, and, believing that a change of climate would be salutary, he went West, hoping that the transit from the strenuous atmosphere of the East to the conciliating, healing air of the West would restore impaired organs, and restore a period of whilom robustness. But the Supreme Arbitor of Life otherwise decreed, and the hand of fate smote him heavily. The deceased was the son of the late Edward Warren and the late Rosetta Donald, his wife, and was born in Burlington in 1882. During adolescence, he attended the common school in his native district, and here he proved himself to be an exemplary pupil. Leaving school he shared with his father the duties of operator of the Warren flour mills, Burlington, famed for the excellent results that they were able to produce. In 1911 he married Miss Olive Campbell, daughter of the late James Andrew Campbell, Graham's Road, and began marital life in Burlington. He here succeeded

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MADE IN CANADA

his father as responsible proprietor of the mills. He possessed the eminent tact of his father and the kind sympathetic nature of his mother, and was thus able to maintain the popular approval of his many customers. A common sight it was to see half a dozen of teams around the mills, furnishing patronage, and awaiting turn to be efficiently served. The news of his death, in a land so far removed from the scenes of his early life, and absent from his many friends, was received with profound regret, but his memory will fondly endure. He is survived by his wife and two children, Jean, aged 13, and Leighton, aged 9. The members of his paternal family who lament his early death are Mrs. James A. Profit, Kensington; Mrs. J. M. Clark, Cranbrook, B.C.; Mrs. Oscar Johnston, Long River; Mrs. Herbert Grieve, Clowdsdale, B.C.; Mrs. Matville Donald, Sask.; James Edward, Cranbrook, B.C., and William Bertram, at home in Burlington. He was a man of wise temperament and sound judgment, which made him popular with his many patrons in business and which invited success in his enterprises. In society his company was most desirable, promoting legitimate amusement and engaging entertainment with commendable zeal, at the same time displaying a naturally shy disposition, which reflected any impression of conceit. His early death is deeply regretted by his many friends and his memory will infuse an odor of sweetness into the recollection of his former associates. In his childhood years the ideal family life was fully realized. The children placed implicit confidence and trust in their parents, and the parents made surety confidants of their children. It was surely a thrilling joy to spend an evening within the family circle. Innocence and trust were always potent, and all most willingly contributed to the enjoyment of the guests. Now, since he has been called to merit the reward of a morally good life, his many friends will fully realize the loss they have sustained.

"DIAMOND DYES"
COLOR THINGS NEW
Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft delicate shades or dye rich permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything! Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

HOW TO BRUSH THE TEETH.
Brush the teeth up and down, or with a rotary movement, not crosswise. Brush from the root end to the cutting edge. Reach high up and include the gums in the brushing. This will toughen them. A dentifrice, a paste or powder is a valuable aid in cleaning and in keeping the mouth healthy.

THE SIX YEAR MOLARS.
"Everything at sixes and sevens," we say when we are in trouble, and no one has yet specified whether that refers to the six year molars or the seven year itch. Either deserves serious thought. The six year molars are the most important teeth in the child's mouth, the biggest of the chewing teeth and the ones which leave the largest space when gone. They are the first permanent teeth to arrive, about the sixth year, as the name implies, and too often the first to go—from lack of care. Without daily cleaning we cannot have good teeth, without good teeth we cannot chew our food, without chewing our food we cannot have good digestion, without good digestion we cannot be well nourished, without being well nourished life cannot be successful.

One of the most common mistakes made by farmers is the keeping of old roosters. Hens will do better without roosters after the hatching season than with them. The males not only down the efficiency of hens but they also are starve-boarders. Besides decreasing efficiency of the hens, eating high-priced feed, taking room that is needed, and belonging to the younger birds the roosters also decrease the keeping quality of the eggs. The old birds and young stuff that is coming on are often related more or less to the old roosters, and to keep the old males for another season's breeding is false economy, as there will be, probably, some inbreeding, the price of the feed that the males eat, to say nothing of the featherless backs of hens that are being sunburned.

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

You do not need to steady your nerves

A PROMINENT surgeon was referred to me by a physician because of his inability to sleep. This prominent surgeon was one of our college athletes and he still retains the marvelous physique he built up during his college days. His system seemed to function one hundred per cent, and as he explained to me, he exercised at least a half hour each day at his club, or took an hour in the open air horseback riding, which he thought was surely sufficient exercise to keep his body toned up, and certainly enough to cause his sleep to be undisturbed. Owing to his wonderful physical condition I exercised him vigorously every day for a week, at the end of which time he still reported inability to sleep soundly. The sleep he was getting was in restless naps—he would fall asleep for half an hour, then wake up for maybe an hour or more, and then fall back to sleep once more. I was at a loss to know just what to do, and while we were talking he invited me to dinner. We went to his club, where he was living, and where it was customary for him to take his meals. No sooner had we been seated and were reading the

menu, when a waiter brought a large pot of coffee and placed it in front of my host. Greatly to my surprise he indulged in a large cup of black coffee, even before he had ordered a bit of food. During dinner I noticed that he drank four more cups, and later in the lounging room I broached the subject of coffee drinking. It was something of a shock to me to learn that he drank from fifteen to twenty cups every day. He told me that he had acquired this habit during his work in hospitals. He usually drank a cup before performing a major operation and would forego to steady himself. The habit soon took hold of him. He had now reached the stage where it was impossible for him—in fact he was afraid—to enter an operating room if he had not had coffee. In other words, this man was a drug addict. It is to be wondered that he could not sleep! Fortunately his youthful training was so thorough that the effects of the coffee did not cause a break-down, though there is no doubt it would have continued his unwise practice. Eventually he took a vacation spending several weeks in a sanitarium where he was cured of the coffee habit. Today he enjoys normal sleep.

As an Aid to Reduction
MORNING MEAL: Grapefruit or one peach without sugar, or a sour apple. Fine wheat bread. One soft boiled egg. Coffee substitute.
NOON MEAL: A cup of tea (no cream, milk or sugar). A very thin, small sandwich of white bread and meat may be taken, but no crackers or dessert.
EVENING MEAL: Clear soup. Roasted or broiled beef. Plain rice pudding or junket. Drink at least six glasses of water between meals.

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

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