

THE ROYAL KITCHEN AT WINDSOR CASTLE

ASSOCIATED WITH ROMANCE OF PAST AGES.

Where the Same Range Which Cooked for Charles II. Now Serves George IV.

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

Such is the description of the Royal Kitchen at Windsor Castle...

TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent specialist...

The sort of thing which the specialist spoke of is the nervous condition caused by overwork...

Why do crops need plantfood at all? Ninety-five per cent. of the average growing crop is water...

As this vaulted cathedral, and we enter this kitchen of romance...

At each end of it is an enormous chimney with a screen of oak fashioned in Stuart days...

There are stores—miracles of modern perfection—adapted to the most delicate of cooking...

There are brooding eagles stockpiles of copper, stew-pans, widening-kettles...

The Chef and His Staff. The ministers of this temple of gastronomy are a small and perfectly-trained army of master-cooks...

Even in the thick of preparing the largest and most elaborate Royal banquet, the great kitchen machine moves with absolute smoothness and regularity...

Such smooth perfection of working could only be ensured under the direction of a very competent chef...

At eleven o'clock every morning he makes his appearance in his office and arranges the menu for the day...

The first Atlantic cable message to Canada was on Aug. 12, 1858, from Queen Victoria.

The storekeeper whom the Scotsman approached had "given out" that he would "treat" every customer...

"I'm haein' yer'e giein' a treat to every customer."

"You'd scarcely expect a treat with an egg's worth of darning needles," the storekeeper replied.

"I'm need to haein' an egg in it," he ventured.

The storekeeper reached behind and took from a shelf the very egg that Sandy had traded...

"I'm thinkin'," he said, "there's another egg's worth of needles comin' to me."

"I'm thinkin'," he said, "there's another egg's worth of needles comin' to me."

"Well," continued the admirer, "where did you get it?"

"Then an idea struck me," the tragedian said, "I resolved upon a desperate course..."

Canada's coal resources are estimated in a report of the Department of the Interior...

A Scotch Egg's Worth. In the days when eggs were used as common tender to certain parts of Canada...

There are a number of names which are common to both the north and south of the island...

There are a number of names which are common to both the north and south of the island...

There are a number of names which are common to both the north and south of the island...

There are a number of names which are common to both the north and south of the island...

To-day the Seed of To-morrow.

Some of the most miserable wretches I have ever known were always dreaming about a happy to-morrow. They had focused for so many years on the future...

London Church is Haven for Homeless.

The Rev. H. R. L. Sheppard, rector of the historic church St. Martin-in-the-Fields, opens the church doors each evening to any of the homeless who come...

The Boy Scouts Association.

The citizens of one hundred and twenty-seven cities, towns and rural communities in the Province of Ontario know the value of the Boy Scouts...

"Pape's Diapepsin" Corrects Stomach. "Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity...

"I fought for you, and I wrought for you." "I told for you, and I milled for you." "For I dreamed you well worth while. I ran life's race at a frenzied pace. And the goal I had in view Was an envied name on the scroll of fame, And a liberal share of you!"

"I dreamed for you, and I schemed for you." "I wrestled for you, and I contested for you." "But the best I have failed to gain. In my selfish quest, how little I guessed That fame is a fleeting breath; That riches, renown, are as thistle-down. But that love shall be love till death!"

"The Best Medicine. Prescribed for members of the League for Longer Life. Two miles of oxygen three times a day. This is not only the best, but cheap and easy to take. It suits all ages and constitutions. It is patented by infinite wisdom, sealed with a significant divine. It cures cold feet, hot heads, pale faces, feeble lungs, and bad temper. It cures all ailments together. It has often been known to reconcile enemies, settle mutual quarrels, and bring recalcitrant parties to a state of double blessedness. This medicine never fails. Spurious compounds are found in large towns; but get into the country lanes, among the green fields, or on the mountain-top and you have it in perfection as prepared in the great laboratory of nature."

A Japanese cockerel, known as the Yokohama cock, possesses a tall of enormous length, so long, in fact, that special cages have to be designed for the birds.

The height of these cages may be judged from the fact that the tail often reaches a length of from eighteen to twenty feet. In order to protect this long tail from damage, it is allowed to hang over other perches arranged in position for the purpose.

When the bird takes exercise, as it must upon occasion, its tail is carefully held clear of the ground by a train or rather tail-bearing.

When the bird should have to go on a journey, its tail is carefully rolled up and packed in a pretty separated compartment. The greatest care is taken not to damage the tail, as once it has been damaged it never again reaches anything like its former perfection.

WORKING FOR SOLUTION Carriers Studied Exchange on International Freight.

Definite progress towards a solution of the vexed question of exchange on international freight charges between the United States and Canada seems likely, as a result of a meeting of representatives of the principal Canadian carriers at Montreal recently.

The question, which is a most complicated one, was again considered from all its angles, and a tentative plan was prepared involving an avowed varying surcharge, which it is hoped, will lead to a solution which will be satisfactory to all parties interested.

It is appreciated, however, that in the working out of this problem it is of the utmost importance that the integrity of the through rates by the different gateways must be maintained to avoid the danger of a cancellation of all international tariffs.

Owing to the diversity of conditions affecting the various classes of traffic, and the far-reaching effect of a fluctuation which may be taken, a full examination of the international charges and consultation with United States carriers is necessary. This has already been undertaken by a committee appointed for the purpose, and the matter will be pressed to a definite conclusion at the earliest possible date.

Any boy in Ontario, twelve years of age or over, may become a Boy Scout if he promises to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, and can make several cordage knots.

The plan is to group a number of boys (preferably not more than 22 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"—a carefully selected, intelligent, boy-loving, volenteer leader—always a man of sterling character and mature judgment.

Through such leadership the boys of the troops are kept interested in a programme of play activities that are health-giving and educational. They take long tramps, studying nature in all its forms. They learn woodcraft, and how to always care a man of sterling character and mature judgment.

Full information regarding the formation, registration and conduct of Boy Scout troops may be had upon application to the Provincial Headquarters, The Boy Scouts Association, Bloor and Spadina Streets, Toronto.

Commencing with this issue news notes and items of general interest regarding the movement will be published almost every week in these columns.

Sea cows of the tropics live equally well in salt or fresh water.

Sea cows of the tropics live equally well in salt or fresh water.

Sea cows of the tropics live equally well in salt or fresh water.

Sea cows of the tropics live equally well in salt or fresh water.

Sea cows of the tropics live equally well in salt or fresh water.

BITS OF HUMOR FROM HERE & THERE

Her Translation. "Say looky here!" demanded a city-whiskered customer in the rapidly-closing restaurant. I want a good, substantial meal; but suthin' that'll fill me up."

"Bale of hay for the gent from Junction!" calmly yelled the hotel waiter, back to the kitchen.

Woman. Little Boy—"Mother, are there any men angels in heaven?" Mother—"Why, certainly, dear."

Little Boy—"But, mother, I never saw any pictures of angels with their wings cut off."

Trying Out Chaucer. A story that illustrates the literary ignorance of many a modern book salesman is told by Sir Thomas Tates.

There is a company in England that runs about a thousand bookstalls. Sir Thomas applied at one of these to an author, for Chaucer's Canterbury Tales.

"Haven't got it, sir—that is, not in this stall," replied the youth who was in charge. "You see, we're trying to get out a few of our larger stalls to see how it goes. If it makes a bit, we'll then we'll have it here."

Easy Money. A motorist touring in the western counties, where, though the scenery is beautiful, the roads are bad, managed to get his car stuck in a tenacious mudhole.

After he had made vain attempts to escape a boy appeared with a team. "Haul you out, mister?" "How much do you want?" "Two dollars."

After a long and fruitless argument the motorist agreed to pay the money asked and the car was pulled to dry land.

After handing the money to the teamster the motorist asked: "Do you haul many cars out in a day?" "Do you work at night, too?" "Yes, at night I haul water for the mudhole."

Question of Direction. Arithmetic, according to the average small boy, was simply invented in order to give teachers a good excuse for punishing their unhappy pupils.

certainly, little Tommy Smith has the unpleasant feature of his eyes being crossed.

Now, Tommy Smith, said to school teacher one morning, during the usual hours of torture, "what's the half of eight?" "Which way, teacher?" asked the youngster, cautiously. "Which way," replied the astonished lady. "What do you mean?" "Well, on top or sideways, teacher," said Tommy.

"What difference does that make in plying air, half of the top of eight is naught, but half of it sideways is three."

Classified Advertisements. FARM WANTED.

ARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

Spots of Sensation. Distributed all over the body, in and just beneath the skin, are nerve-ends which respond to touch or other stimuli. Half a million of those nerve-ends only to cold; 30,000 convey only the sensation of heat.

There are three or four million pain spots, which are scattered much more thickly on some parts of the body than on others. Thus the left side is more sensitive than the right, and the inside of the arm or the leg possesses a greater sensibility to pain than the outside.

The hot spots and cold spots are much mixed up together. Thus, if a person be blindfolded and told to plunge his fingers for an instant into hot water, he will hastily withdraw them, with the impression that the water really is hot, when in reality it may be ice-water.

Mintard's Liniment For Oandruff. Lots of people say things they ought to be ashamed even to think.

It is not the oath that makes us believe the man, but the man the oath—Aeschylius.

America's Pioneer Dog Remedies Book on DOG DISEASES. Mailed Free to any Address. In Charge by the Author, Dr. Clay Glover Co., Inc., 111 West 23d St., New York, U.S.A.

WEEKS' BREAKUP A COLD TABLETS TRY THEM PRICE 25¢

TROUBLED WITH ITCHY ECZEMA In Rash On Face And Limbs. Cuticura Heals.

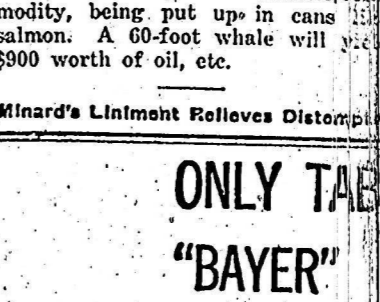
"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night.

"I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hyman, Paris, Ont., Sept. 12, 1919.

Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Agents: Lynskey, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

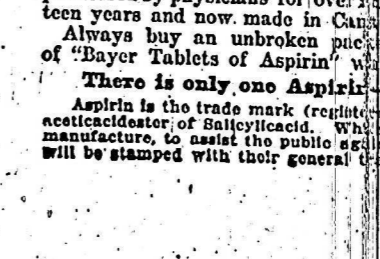
Warming relief for rheumatic aches. HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lumbago, backache, overworked muscles. Penetrates without stinging. All 75¢ drugists have it.

Sloans Liniment (Pain's Enemy)



ONLY TABLETS MARKED 'BAYER' ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name 'Bayer' identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over seven years and now made in Canada. Always buy an unbranded package of 'Bayer' Tablets or Aspirin which contains proper directions for Colds, Headache, Toothache, Earache, Neuritis, Joint Pains, and Pain generally. Ten boxes of 12 tablets cost but a few cents. Larger 'Bayer' packages.

There is only one Aspirin—Bayer. Aspirin is the trade mark registered in Canada by Bayer Manufacturing of Monheim, Germany. It is well known that Aspirin imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the 'Bayer Cross'.

Contains proper directions for Colds, Headache, Toothache, Earache, Neuritis, Joint Pains, and Pain generally. Ten boxes of 12 tablets cost but a few cents. Larger 'Bayer' packages.

There is only one Aspirin—Bayer. Aspirin is the trade mark registered in Canada by Bayer Manufacturing of Monheim, Germany. It is well known that Aspirin imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the 'Bayer Cross'.

Contains proper directions for Colds, Headache, Toothache, Earache, Neuritis, Joint Pains, and Pain generally. Ten boxes of 12 tablets cost but a few cents. Larger 'Bayer' packages.