THE SONG

Day"

...simple song was written that ...n in the Mission Inn to ... and unconsciously she softly ...ms them. Its melody ar... ...ation of her companions ... as a new composi... ...Mrs. Bond to ... composed a ballad ... when she had per... "A Perfect Day," ... she published it ... her own name and ...

... who had been left ... to support early ... persons of ... the harsh ... of song ... "store" in a ... author, com... ...lisher and ... Not only did ... ...ate the ... songs by sing... ...Gentle ... Let a Wearyin' for ... "A Little ... Remember," ... earned ...

... Mrs. Bond's ... soloists ... William ... and others ... the world ... ...

GLADIOLUS CULTURE

... President ... Association.

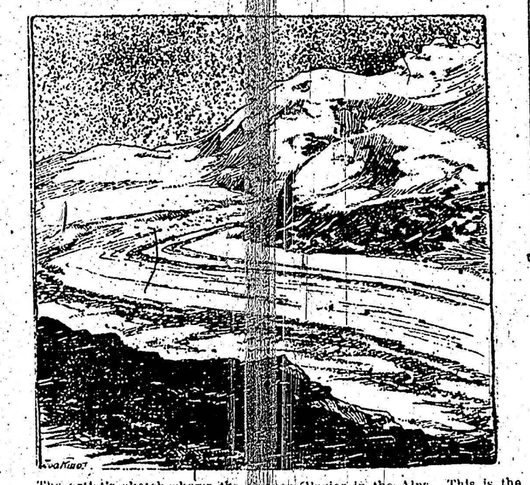
... gives more sat... ... Gladiolus with or ... in average ... yields to high ... blooms pro... ...simply ... care. Only those ... Gladiolus at its best ... difference be... ...produced by first ... these bulbs carefully ... advise our ... only the best cul... ...after their ...

... to settle in a ... care late in the ... plantings. The ... better the care and ... will be. In ... soil be in proper ... pulverize ... should not ... frost.

... person, plant ... weeks from ... until the mid... ... bulbs can ... deep in mellow ... spot in the ... will help to ... falling over at ...

IS ANOTHER ICE AGE COMING?

Many Scientists Think Glaciers Will Cover Earth Again.



The artist's sketch shows the ... second largest glacier existing in the ...

Secrets of Science.

By David Dietz.

Ice is another one of the agents which plays an important part in wearing away and changing of earth's surface.

Ice forming in the crevices of rocks helps crack and crumble the rock. The ice which forms upon streams and lakes has a destructive effect upon banks or shores when it begins to break up.

But it is in the form of glaciers that ice does its greatest damage to rocks.

A glacier is a great mass of ice which is slowly moving down a valley or overspreading a tract of land.

Glaciers range in thickness from several hundred feet to several thousand feet.

They are found to-day in Switzerland, the Eastern Alps, the Pyrenees, the Caucasus, the mountain valleys of Norway and the Himalayas.

In the United States, small glaciers are found in the high mountains of California, Oregon and Washington. Larger glaciers are found in Canada and Alaska.

The whole interior of Greenland, a territory several hundred thousand square miles in extent, is covered with a glacial formation known as an ice field.

A similar ice field covers the Antarctic region.

Geologists believe that at periods in the earth's history such ice fields extended far down into what now is the temperate zone.

Many geologists think that another such period may be in store for the earth.

Two factors are needed for the formation of a glacier. First an abundant snow fall. Second, sufficient cold to preserve part of one winter's snowfall over the next.

In this way, layer after layer of snow accumulates. As the weight increases the undermost layers are compressed into a coarse-grained ice to which geologists have given the name "neve."

Glaciers are important geological agents because of their motion. The great weight of the glacier exerts a force which causes the glacier to move slowly down hill.

This movement in some glaciers is only a few inches a day, in others it is as much as 60 feet per day.

Loose rock caught under the glacier is dragged along with it. The pressure of the mass of the glacier is so great that these loose rocks act like engraving tools, scoring great grooves in the bed rock underneath.

The ordinary processes which wear away rocks, and landslides and avalanches, cause much rock debris to be deposited upon the top of the glacier. This is carried along by the glacier and when the glacier melts, deposited upon the ground.

Melting of glaciers also gives rise to many rivers. Thus the Rhone River has its source in the Rhone Glacier.

Icebergs originate where glaciers meet the sea. As the glacier pushes over the end of the land into the sea, the end is buoyed up for a time by the water. Eventually it breaks, leaving gigantic chunks of ice—the icebergs—floating upon the sea.

Next article — The Work of the Ocean.

BIRD SANCTUARIES OF THE ST. LAWRENCE

ATTRACT NATURALISTS AND BIRD LOVERS.

Gannets Present Never-to-be-Forgotten Sight on Red Sandstone Ledges.

From the days of Jacques Cartier onward the islands of the gulf of St. Lawrence have been known as the homes of myriads of sea-birds—gannets, eider ducks, puffins, cormorants, terns, and many others—and the sanctuaries which have been established in this area are magnets which year by year draw increasing numbers of naturalists and bird lovers.

The first sanctuaries in the gulf of St. Lawrence were established in 1920 by the Province of Quebec and the Dominion Government. These included the Bird Rocks of the Magdelen Islands and Bonaventure Island and Perce rock on the Gaspe coast. In 1925 ten additional sanctuaries were established by the Dominion with the consent of Quebec, along the north shore of the gulf. The north shore sanctuaries are dotted along a roughly four hundred miles stretching from Birch Islands, a hundred miles east of the city of Quebec to the straits of Belle Isle. Name in order from west to east they are: Birch Islands, Betchouane, Watshishou, Fog Islands, Wolf Bay, Whittle St. Mary Islands, Mingan, St. Augustine and Bradore Bay.

Two Noted Groups.

The two groups of sanctuaries, one on the Gaspe coast and the other on the north shore, are so different in regard to transportation methods and bird inhabitants that they are dealt with separately. In the first group along the north shore the bird inhabitants are puffins, razor-billed auks, eider ducks, gulls, and terns.

These sanctuaries can be reached with comparative ease for the north shore of the gulf of St. Lawrence is served in summer by well-appointed and comfortable steamers which leave daily sailing from the city of Quebec.

Colonies of Gannets.

The bird sanctuaries off the coast of Gaspe are much better known than those of the north shore. The birds inhabitants embrace many of the species found in the latter, but the main attraction to bird lovers lies in the colonies of gannets which nest on them. This magnificent bird is found to nest only in three or possibly four places on this continent, all of them in British North America. All the colonies are more or less difficult of access except the one on Bonaventure Island. Bonaventure is and is only about three miles from the village of Perce. It is about three miles long by a mile and a half broad. On its seaward side great cliffs of red sandstone, the ledges of which form secure nesting places for throngs of sea-birds.

"Approaching from the sea," writes Mr. P. A. Taverner, ornithologist of the National Museum, Ottawa, "one is aware that every ledge and shelf is covered with white, as though snow had piled in drifts upon them, allowing only the overhangs to show dull red between the glistening surfaces. A wind seems to stir the white masses, and they blow off in eddies and clouds of drifting flakes that finally resolve themselves into great white birds that swirl about the cliff faces and circle round the intruder amid a pandemonium of hoarse cries. These are the gannets, the solan geese of older authors, each as large as a goose, pure white with black wing-tips and a silky creamy wash on crown and hind neck. The air is filled with their waving wings. They fill it like a swarm of giant midges circling in the sun."

The effect of this picture upon those who view it for the first time is almost indescribable and even those who have rowed about the island daily for years confess that they can never behold the scene without a thrill of emotion.

Habit.

Jack, a city boy transplanted to the country, had begun to keep chickens.

"How is he doing?" a friend asked his mother.

"Splendidly! The little fellow is always reminding his father to feed them or clean out the coop. Every now and then the lad collects a dozen eggs and takes them into town and sells them to the grocer."

"Where do you get your eggs then?" the friend persisted.

"Oh, I buy them from the grocer," was the mother's response. "I'm so much more used to getting them that way than direct from the hen."

Just a Beauty Tip.

The juice of one lemon, strained and put in the final rinse water of the shampoo, gives a red glint to the hair and "cuts" the soap. Blondes think that a pinch of soda in the water keeps hair yellow.

A Breaking Wave.

Brown—"Your wife says she's going to get a permanent wave."

Harduppe—"It's going to be a breaker, I fear."

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FOR REPAIRS TO
DURBIN JEWELERY CO., Ltd.
ESTABLISHED 1912.
ESTIMATES FREE.
270 YONGE ST., TORONTO

Do Not Discard That Good Coat and Vest
Because the Pants Are Worn.
Mail us the vest, or pants, or a sample. We submit sample and price of new pants to match, for your approval.
THE PANT SHOP
22 Parkfield Ave. Toronto

Playing to Win.

How would you define success? Make a fair trial, and if you should have any time left over try your hand at that fine old puzzle of describing a gentleman. You realize, of course, that this is a hazardous game! It is like turning the pockets of your own mind and nature inside out!

While you are deciding whether to risk it or not, you might like to hear about a young French soldier in the spring of 1917 who played well the two parts of gentleman and a success.

It was a bad time on the French front. A colonel of infantry appeared one night down in the trenches, and, confronting a little group of a dozen soldiers in one of the quieter parts of the line, he called for a volunteer for a task of desperate character. "He will not come back; absolutely not," said the officer. "But I call for a volunteer."

Three French soldiers dragged themselves to their feet and saluted.

"I asked for one man," said the colonel, very gravely.

No one of the three budged.

"Padre," said the officer to a Red Cross man who was present—an American,—"I will not decide this. You will decide this. It is a command."

The Red Cross man looked the three soldiers in the face, but he could not speak; he could not think. Suddenly there flashed through his mind one of his boyhood games. Out into plain sight, after thirty years, jumped the old brick schoolhouse of his childhood, the graceful New England elms that flanked the playground, a noisy group of pupils and the silly old rigmarole, "Eeny, meeny, miny, moe," ending with the "Ohe, two, three, out goes he!" Like a machine he now repeated these words with the terrible ending "out goes he."

The young Frenchman who was "he" saluted, turned and climbed up into the rain and the dark; but before disappearing he put his hand on the Red Cross man's shoulder and observed with a smile, "That was a very interesting game,—that 'Eeny, meeny'—and I won, didn't I?"

TOO LITTLE BLOOD

The Cause of Nearly All the Everyday Ailments of Life.

Too little blood—that is what makes men and women look pale and sallow and feel languid. That is what makes them drag along, always tired, never real hungry, unable to digest their food, breathless after even slight exertion, and often feeling that life is scarcely worth living. The doctors tell them they are anaemic—the plain English being too little blood.

More weak, anaemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. The case of Mrs. A. P. Foster, Bowden, Alta., is excellent proof of this statement. Mrs. Foster says:—"Some years ago I was very badly run-down. My doctor attended me for several months and then told me I had better go South to spend the winter as my blood was so poor that he feared I would not stand the cold of our winter. I took his advice and went to my mother's, and as soon as she saw me she said, "Dr. Williams' Pink Pills are what you need." She got the pills for me and I began taking them. I had intended staying three months, but at the end of the second month I came home a well woman. When the doctor saw me he said, "You are all right now, but don't let yourself get run-down again or nothing will save you." Then last winter I had the influenza, which left me as weak and pale and miserable as before. Again I took Dr. Williams' Pink Pills and again they made me well and strong. I can gratefully recommend the pills for I feel that they have saved my life."

Weak, ailing men and women should begin taking Dr. Williams' Pink Pills to-day and note the speedy improvement that follows. You can get these pills from medicine dealers or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Color and Environment.

The tree frog is a notable example of the ability of an animal to adopt its color to its environment. It is able to change its color from a very dark hue to a very light one in about twenty minutes, and so perfectly does it agree in color with the surface of a stone, a lichen, or the bark of a tree that often one is not aware of its presence until he has accidentally placed his hand on it.

The common frogs are likewise protected by the ability to change the color of the skin. Certain lizards and snakes render themselves very inconspicuous by taking advantage of protective coloration.

BIG PLAN BOOK
Handsomely illustrated with plans of moderate priced homes designed by Canadian Architects. MacLean Builders' Guide will help you to decide on the type of home, exterior finish, materials, interior arrangement and decoration. Send 20c for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

The Regulator.

Mistress—"Mary, how is it that the breakfast eggs are sometimes boiled soft and sometimes quite hard?"

Mary—"Well, mum, I'm sure I don't know. I puts 'em in regular as the clock strikes eight and I takes 'em out promptly when I hears the train go by."

Minard's Liniment used by physicians.

THE "BULL OF BASHAN" IN CANADA

Field Marshal Sir Edmund Allenby, the conqueror of Palestine and the deliverer of the Holy Land from the Turk and the modern Crusader who has achieved what had not been done since the Crusades, landed at Victoria recently from the S.S. Aorangi, which has come from Sydney, New South Wales, and touched Honolulu en route. His Lordship is known because of his thrusting offensive in the war as the "Bull of Bashan," will make a trip across the Dominion. Photograph shows Lord Allenby with Lady Allenby.

CHILDREN LIKE THEM

Baby's Own Tablets Are Effective and Easy to Give.

You do not have to coax and threaten to get the little ones to take Baby's Own Tablets. The ease with which they are given, as compared with liquid medicines, will appeal to every mother. None is spilled or wasted; you know just how big a dose has reached the little stomach. As a remedy for the ills of childhood arising from derangements of the stomach and bowels, they are most satisfactory.

Mrs. Rose Voyer, Willimantic, Conn., says:—"I used Baby's Own Tablets in the Canadian Northwest and found them a wonderful medicine for children's troubles, especially indigestion and constipation. I have also given them to my children for simple fever and the restlessness accompanying teething and they always gave relief. I can recommend Baby's Own Tablets to all mothers."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Preference.

I think that I would rather see
My children happy at my knee;
My neighbors' smiling faces when
I start from home or come again;
A garden small, but mine to claim,
Than rise unloved to wealth or fame.

I think that I would rather own
The fellowship of those I've known,
Their good opinion and their trust,
Than win by many a cruel thrust
The pomp and riches of a place
That only knows the fawner's face.

True peace is born of little things,
If the song the brave canary sings,
Glad little mem'ries of the past
That seemed too travail to last,
But brighter glow throughout the years
As symbols of our smiles and tears.

We write our lives, where'er we dwell,
On those who love and know us well.
Strangers may cheer us from afar,
But neighbors see us as we are.
I'd rather have my worth be told
By happy hearts than glittering gold.
—Edgar A. Guest.

Ancient Illiterates.

From the sixth to the twelfth century it was rare in Europe for any person to be able to sign his or her name except with the sign of the cross. There was a slight tincture of learning in France in the eighth century, but even there the clergy could not write and this little education quickly passed away so that the ninth century ignorance had even France safe within its paws. In the sixth century in France there was not one person able to read or write. In England in the ninth century no one understood letters and all contracts were made verbally. In the year 922 not one person in all Rome could read or write and the records of Rome during that period come down to us from the Moors, who were quartered in Spain, from which country they made trips through the rest of Europe. Later when a little education had crept in with the Arabs the Romans were unable to read Latin and they erased thousands of invaluable manuscripts in order to get clean paper or rather good skin. The loss to the world in this is incalculable. Some of the most important of the earliest of manuscripts have been used to cover jam and preserve jars.

Strange Postage Stamps.

Since the chaos into which Hungary was plunged as a result of the war the fifty-crown postage stamps of that country bear a picture of the Virgin and Child. In official matters every person in Hungary simply must have a religion and be properly taxed for it. Parents are not allowed to name their children unless the names chosen please the officials of the registry bureau and names which are not entirely Hungarian do not please those officials.

IF COUGHS AND COLDS INTERFERE WITH BUSINESS
Stop them with
GRAY'S SYRUP of RED SPRUCE GUM
A Vegetable Preparation that gives quick results without dragging the system

A Plea for Home Music.

What a lovely word is "home," and how many associations it conjures up. Think of the Christmas parties of old—the re-uniting of families, the songs and carols sung, shouted out, but enjoyed and remade for the time being.

I plead most earnestly for a return to home music. The pianola, the gramophone, the big concert hall, the pictures, the attractions of the theatre, are all crowding out our home life of music. Too much is done for us publicly. It make for listeners instead of doers. Five thousand people listening to a concert in a fine hall is a splendid thing, but five thousand people, in their various localities, gathering together, making music themselves, is finer.

We are in danger of becoming a nation of listeners, especially now that broadcasting is here, instead of a nation of active doers. Set apart a day for music once a week, or once a month, maybe, so that your friends and relations may know that they are welcome, and that they will be encouraged to do something as well as listen if they be so minded. Folk and old English songs could be sung by all, and instrumental and vocal music (of the best type) rendered each evening. This is surely a most simple and delightful opportunity for fellowship and pure enjoyment.

If your musical taste is influenced by your thought, and your thought is right, then, as a natural sequence, your music will be right, for music is a means of expressing that deeper self in us all which must be expressed if we are to know one another and sympathize with each other and "keep close to the children—for the world is a big child.—Music Teacher.

The Almond.

Dark is the iris meadow,
Dark is the ivory tower,
And lightly the young moth's shadow
Sleeps on the passion flower.

Night and a flame in the embers
Where the seal of the year was set,
When the almond-bough remembers
How shall my heart forget?
—Marjorie L. C. Pickthall, in "The Drift of Pinions."

Pray to Be Strong.

O, do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers; pray for powers equal to your tasks. Then the doing of your work shall be no miracle, but you shall be a miracle. Every day you shall wonder at yourself, at the richness of life which has come to you by the grace of God.—Phillips Brooks.

"DIAMOND DYE" ANY GARMENT, DRAPERY
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.

Take the pep from your dyspepsia with 15 to 30 drops of Seigel's Syrup in a glass of water as directed on the bottle. Any drug store.

'Twould Require Tact.

Simmons had returned from his vacation.

"I certainly enjoyed the husking-bees," he said to a friend. "Were you ever in the country during the season of husking-bees?"

"Husking-bees!" exclaimed the girl; "why, I never heard of that! How do you husk a bee, anyway, Mr. Simmons?"

He Guessed.

Two tramps met at the end of a long and unsuccessful day's begging. Both were tired and hungry.

"Didn't you make anything, Bill?" inquired one. "What about that house I saw you looking at—the big one with the open window?"

"Didn't trouble to rap," was the reply. "I looked in the window and saw two girls playing on one piano, so I guessed they was too poor for me to worry!"

Minard's Liniment for colds.

RED ROSE TEA
"is good tea"
And because you like good things you'll like Red Rose.
73.

Brass curtain poles should be rubbed occasionally with a cloth dampened with paraffin or machine oil. This causes rings to slide smoothly when the curtains are drawn.

Minard's Liniment for dandruff.

Of all earthly music, that which reaches the farthest into heaven, is the beating of a loving heart.—Beecher.

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Temporary Fillings Not Lost a Long Time.
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POULTRY, GAME, EGGS, BUTTER AND FEATHERS
—WE BUY ALL YEAR ROUND—
Write today for prices—we guarantee them for a week ahead
P. POULIN & CO., LIMITED
Established over 40 Years
30-39 Bonsecours Market — Montreal.

Pains in The Back Are Generally Danger Signals

Kidney Disease Will Lead to Fatal Results Unless Checked in Time.

Thousands have kidney trouble and do not know it. Many times a "run-down" feeling, dyspepsia, shattered nerves, dizzy spells, backache and a hundred and one other ills are due to the condition of the kidneys and liver.

Warner's Safe Kidney and Liver Remedy has been tested for nearly 50 years and found a positive relief for kidney and liver troubles.

It is a vegetable and contains no harmful drugs; a most valuable and effective tonic. Goes right at its work and does it with positive method; soothing, stimulating and healing the broken down tissues and so builds up the body, gives it strength and restores energy. Get a bottle at once.

Sold by all druggists. Price $1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

AFTER SHAVING
Dilute Minard's one part with cream or sweet oil and apply to the face. Very soothing and refreshing.

MINARD'S "KING OF PAIN" LINIMENT

The snowshoe rabbit changes from a brown coat to white in the winter.

Minard's Liniment for sore throat.

Classified Advertisements.

RUBBER GOODS.

RUBBER—IF IT'S MADE OF RUBBER, WE have it. Write us and mention your wants. Cultura Supply Co., Dept. W., Montreal.

BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens. Hubbard Oven Company, 183 King West, Toronto.

FOR SALE—THREE QUARTER SECTIONS OF land in one of the best wheat producing districts of Saskatchewan; buildings worth $10,000; $18 per acre; reasonable terms of payment. Address, C. J. Samson, Raymore, Sask.

ROOFING AT WHOLESALE. SPECIAL "Early Bird" sale of roofing. March only. Cash buyers save by ordering spring needs at Reliable grades and heavy weights. Freight paid these wholesale prices. Samples and catalogue of Builder's Materials FREE. The Halliday Co., Limited, 10 Jackson Street, Hamilton.

SICK ABED EIGHT MONTHS

After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gained in Weight

Melfort, Saskatchewan. — "I had inward troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told me to try Lydia E. Pinkham's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Blood Medicine. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for female troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters I receive asking about it." — Mrs. WILLIAM RITCHIE, Box 486, Melfort, Saskatchewan. C

TROUBLED WITH ECZEMA IN RASH

All Over Scalp. Itched and Burned. Cuticura Healed.

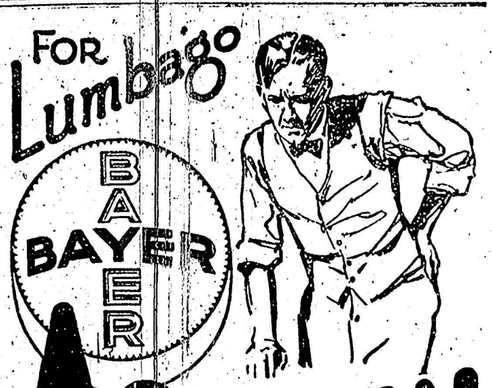
"I was troubled with eczema. It broke out in a red rash all over my scalp and after a time turned to pimples. It itched and burned all the time and caused my hair to fall out.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample and after using it found great relief. I purchased more, and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Sarah G. Davidson, Sumner St., New Glasgow, Nova Scotia.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

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

FOR Lumbago



BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Lumbago, Colds, Neuritis, Neuralgia, Headache, Pain, Toothache, Rheumatism

DOES NOT AFFECT THE HEART

Safe — Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. Salicylic Acid, "A. S. A." It. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."