

Vitamins Not New Known in Dim Past

Science Finds Seven Varieties
and Names Various
Functions

Many "New Things" are not new at all; they are new to us because we were ignorant of them until recently. Julius Caesar took his oxygen every time he breathed, and Alexander the Great thrived on vitamins. We may all be eating, drinking, and breathing common things, vitally necessary to us, without knowing what they are and how they work. This was the case with the vitamins—very common substances—until a few years ago. What they are and what they do is described in McPherson, Henderson and Fowler's "Chemistry for Today" (Ginn and Company), as follows:

"The term vitamin is applied to a number of substances occurring in many of our foods in variable amounts, but always in very small percentages. They have not been isolated in a perfectly pure condition, so that little is known concerning their constitution; they do not appear to be binding to any single class of substances. All the vitamins are more or less unstable at the temperature of boiling water, especially when air or oxygen is present.

"At least seven kinds of vitamins are known to exist. A proper distribution of these vitamins in our food is essential to a nourishing diet. The name and function of each, together with some foods rich in vitamins, are as follows:

1. Vitamin A—Promotes growth, keeps the body in good condition, but thus prevents disease in general. Present especially in milk, butter, eggs, and green-leaf vegetables.
2. Vitamin B—This vitamin has recently been divided into two constituents, known as B₁ and B₂, though a mixture of the two is still called B₁. Present in fresh vegetables, yeast and cereals.
3. Vitamin C—Prevents scurvy. Present in the juices of the tomato, orange, and the lemon.
4. Vitamin D—Prevents the disease known as rickets. Present in cod-liver oil and in some green vegetables.
5. Vitamin E—Necessary for reproduction and growth of young animals. Present in wheat germ and in lettuce.
6. Vitamin F—The absence of this leads to loss of appetite, nervousness, spasms, and paralysis.
7. Vitamin G—Prevents the disease known as pellagra.

Motors of Future Will Run Minus Gas?

Automobile owners need not fear a shortage of motor fuel, according to Thomas T. Reed, director of mining engineering in Columbia University. Professor Reed foresees the possibility that the automobile of the future may not require liquid fuel.

This development he regards as no more improbable than flying was thirty years ago. He says, as quoted in a press bulletin issued by the University's Department of Public Information:

"The only people who have grounds for immediate worry are the petroleum refiners, who in 1923 made 429,000,000 gallons more gasoline than they could sell, and so had to add it to their already large stock.

Gasoline is not the only possible fuel for automobiles. For the research progress is being made. One promising process is being made. Motor fuel can be produced by the hydrogenation of coal, and the Leuna plant in Germany hoped to produce 100,000,000 gallons in that way last year.

Even in the face of the fact that more ordinary gasoline is being made than can be sold, a number of possibilities of substitute liquid fuels are being studied, and encouraging progress is being made.

Finally, there is the possibility that the automobile of the future may not require liquid fuel.

It seems improbable now, but not more improbable than flying through the air seemed thirty years ago. So there is no need for worry.

TAKING IT EASY

It is harder, not easier, to get along in the world, with the world as it is, to one who has a warm heart and sensitive sympathy. A cold heart and a colder head make many things easy," says Charles Kingsley. Considering others costs more than neglecting them. The higher life demands more effort than the lower.

Going down hill requires no such effort or struggle, step by step, as climbing toward the summit. Doing just right and resisting evil costs more for the present than letting things slide. It costs more—but it more than pays.

THOUGHTS
Mind acting upon thoughts so as to color them with its own light, and composing from them, as from elements, other thoughts, each containing within itself the principle of its own integrity.—Shelley.

QUILT
Quilt has always its horror and solitudes—but innocence dreads no eyes, innocence suspects no tongue.

The man who gives in when he is wrong is a wise man, and the man who gives in when he is right is married.

When RED ROSE TEA was 75c. lb.—bulk tea at 50c. or 60c. looked cheap, of course. But now that RED ROSE RED LABEL can be bought for 60c. lb.

at any grocer's, few people will
be satisfied to drink bulk tea.

Advantages For The Children

Thank you for inviting me—I had a charming time. The people were delightful, the food was excellent, and the children were very nice.

My son, see that you don't believe all that you hear, or you will get into a lot of trouble. You'll find so many people know so many things that are not so.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

My dear, I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

Owl Laughs

There don't seem many false prophets come to sheep, clothing any more as they do in fancy vests and spats.

And now we have the Scotchman who had a boil of his neck and consulted a free-lance doctor.

What a Shame
A pretty young fapper of Savannah, Stopped on the pool of a banana, Lost control of her feet, And took a hard seat

After a woman has the floor and runs on unintercepted, why does she pause in her extemporaneous digest to ask: "Are you listening?"

Editor—How's the new reporter? I told him to condense as much as possible.

Assistant—He did. Here's his account of yesterday's afternoon tea: Mrs. Lovely pined, Mrs. Jabber soared, Mrs. Duller bored, Mrs. Rasping gored and Mrs. Emponpoint snored.

Only the restaurant chef knows what he puts in his soup and he can't remember.

Boy—Did you know that they had discovered a new planet?

His Chum—No, is it anything like spinach?

What gives people the Willies? We are not sure, but are inclined to suspect the stork.

Dearie—I made these biscuits for you all day yesterday. Hubby—That's very thoughtful of you, sweetheart, but you shouldn't do such heavy work.

Late marriages are to be preferred since the vicissitudes have so much shorter time in which to be tired of each other.

Business Man—What do you think of the board of directors of the new company?

Friend—Half of them are capable of nothing, while the rest are capable of anything.

The plot of the Swedish murderer is always for money. Something he did not give himself.

The Miracle—300 women in the east and none of them saying a word.

Ho—To-night, I'm going to speak my mind to you.

She—Aren't you really going to say anything?

Advice
My son, see that you don't believe all that you hear, or you will get into a lot of trouble. You'll find so many people know so many things that are not so.

Meet Laundry, boys, she's always called for and never called.

Nothing is so worthless as a directory of folks who never stay put long enough to be counted.

I've got a woman crazy for me, sang the asylum keeper.

Bill—"I never kiss a girl except on great occasions."

Sue—"What do you call great occasions?"

Bill—"Whenever I kiss a girl."

To be happy cultivate your forgetfulness.

"This day started wrong, because the first letter opened began: 'Dear Sir and brother.'"

There's small choice. A summer vacation is just as cheap as staying at home, and entertaining relatives who are on vacation.

Music Teacher (to young man calling on his daughter)—"What shall we have—a concerto of a sonata?"

Pupil—"No, thanks, I'll take mine straight."

Casey (after seeing Riley fall five stories)—"He's dead, Riley?"

Riley—"Oh, no that." Casey—"Sure, an' ye're such a lar O! don't know whether to believe ye or not." Riley—"An' that proves O'm dead. Ye wouldn't call me a lar O! wuz alive."

Little Dorrit—"Mummy, what is a Civil Servant?" Mother—"It's so long since we had one that I've almost forgotten, darling."

Minard's Liniment gives quick relief.

Travellers Finish 23,000-Mile Trip

Travelled Across World to
Prove Worth of British
Motorcycle

Montreal—Fourteen days imprisonment in Turkey as spies, two encounters with bands of bedouins in the desert, who shot at them, and a bird's eye view of the burning of the Sycote dam in the Syrian desert, which wiped out villages and caused hundreds of deaths are among the experiences of J. Gill, 31, of Brisbane, Australia, P. Irving, 27, of Melbourne, England, and world-travelling motorcycleists, who recently arrived in Montreal on the last lap of their 23,000 mile journey.

Starting from London, England, on May 13, 1929, Gill, accompanied by W. T. Stephens, who was later obliged to drop out on account of ill health, went through France, Germany, Yugoslavia, Bulgaria, Turkey, Syria, Iraq, Persia, Baluchistan, India, Burma, the Federated Malay States and Australia. At Melbourne he picked up Irving, his present companion, and from there they went to New Zealand, taking a steamer from there to Vancouver.

They came home from the Pacific coast and took in a little United States territory on their way. Arriving at Vancouver on April 24, it took them less than two months to reach Montreal.

"The object of our trip is to prove to the British-made motorcycle dealers that British-made machines are still supreme," Gill said. "Ours is a Vincent H.R.D. one-cylinder, 4 h.p. machine," he said, "which when the sidescraper is loaded, pulls a weight of more than 1000 pounds. It is, I think, the only one-cylinder machine that has ever been used on a trip around the world."

Sandy's Dilemma
Representative Childersford said at a dinner in St. Louis Falls:

"America, compared with other countries, is an earthly paradise, and when I hear Communist growls, I can't help thinking of Sandy McPherson."

"Sandy, the stone mason, was drawing \$12 a day, but when his brother from the country asked him how he was situated he shook his head.

"But your job's good one, ain't it?" said the brother.

"Sure is," said Sandy.

"How about the hours?"

"Short."

"And the work?"

"What's the trouble, then?"

"The wages—that's the trouble," growled Sandy. "They're so darn high, I can't afford to take a day off."

PALE FACES JADED NERVES

Due To Weak, Watery Blood.

Anemia—impaired blood—comes so stealthily that it is often well advanced before recognized. Fatigue and discomfort, the earliest manifestations of the trouble, are seldom taken seriously. Soon the face becomes pale; the nerves jaded; the heart palpitates violently after the slightest exertion; the appetite becomes feeble and before you realize it you are in a terrible plight.

At such time, by enriching and purifying the blood Dr. Williams' Pink Pills will build up the nerve cells and correct the run-down condition. Concerning them, Miss Margaret Torrey, Toronto, Ont., says: "I suffered a complete breakdown. My heart would palpitate on the least exertion. Nothing I ate agreed with me. I started taking Dr. Williams' Pink Pills and by the time I had taken several boxes I was ready for anything. I had gained in weight and every distressing symptom had left me."

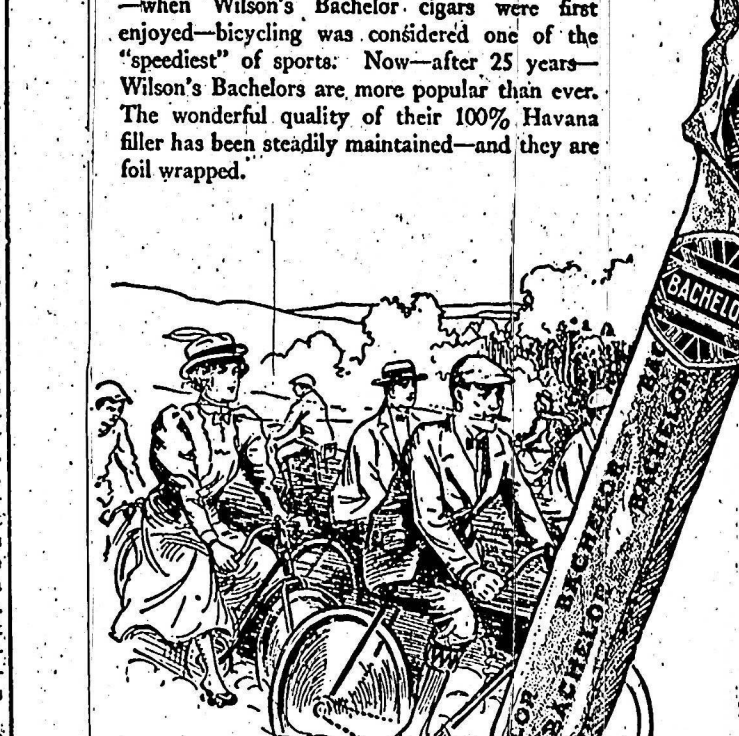
You can get these Pills from any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Little Dorrit—"Mummy, what is a Civil Servant?" Mother—"It's so long since we had one that I've almost forgotten, darling."

Minard's Liniment gives quick relief.

"BELIEVE IT OR NOT" 25 YEARS AGO...

—when Wilson's Bachelor cigars were first enjoyed—bicycling was considered one of the "speediest" of sports. Now—after 25 years—Wilson's Bachelors are more popular than ever. The wonderful quality of their 100% Havana filler has been steadily maintained—and they are foil wrapped.



WILSON'S BACHELOR Cigar

Still most for the money

individually
foil wrapped
10¢
and in pocket
packs of five

Empress of Japan C.P.R.'s Biggest Ship

Marble Swimming Pool, Palm
Court and Fine Decorations

An engineering triumph of splendor and efficiency, the Empress of Japan, largest ship of the Canadian Pacific Railway's many ocean services, has become a unit in the largest transportation organization in the world. In a few days she will leave for the Pacific.

The railway has staked the millions which have gone into the largest ship sailing under the Canadian flag upon the growth of trade and development of relations with the Far East. The ship is a worthy portrayal of their faith.

Never has such a floating palace been placed on the Far East service, and to Canada is offered the pride of sailing the largest ship on the Pacific, built in Glasgow for a Canadian company, operated by Canadians and with an established Glasgow-Montreal speed record.

Though she will be approached by her sister ship recently launched by the Prince of Wales, the Empress of Britain, nearly half as large again in tonnage and even more luxuriously equipped and fitted, yet the Japan will carry the name of Canada into the far routes of trade.

The interior decoration is artistic throughout. Deck after deck appears before the eye, a symphony of harmonious finish. For completeness few ships on any route can compete with her.

Spectacular Swimming Pool
Sunken in a marble setting at the upper end of which a golden dolphin spouts a spray of water to the centre of the pool. It is surrounded by a promenade. At the lower end is a magnificently designed buffet, from which soothing fluids are dispensed to resting bathers.

On boarding the ship the first to catch the eye is the Palm court, reaching from side to side and ceilinged with ground glass through which filters golden light. At the forward end is the dining saloon, the full width of the ship, one end given to a serving stand above which towers a gleaming mirror in the centre of which is embedded a tiny clock.

A futuristic promenade alley leads to the oak ball room. Here, from a golden stage, the orchestra will be heard. Above it dancers will find a garden, a promenade riotous with colorful flowers.

All lighting is from concealed fixtures. Each room, no matter what its size, is a blending of woods, furnishings and fixtures. Two suites, surpassing that of many hotels and only rivaled in a few instances, have tiny gardens with cool-colored summer furniture. All stairways have green and white tiled hallways and all clothing cupboards flood with light as their doors are opened. All stairways have beds instead of berths. They also have dressing tables.

"The political machine triumphs because it is a united minority acting against a divided majority."—Will Durant.

That precious stone, the white diamond, has left its exclusively white collar job and put on overalls. A leading optical company has discovered that the jewel, properly mounted, is the best possible cutting tool for finishing small metal parts, cutting literally thousands of pieces with no change in its cutting edge. Aristocrat, whether of gems or of men, justifies its existence best by giving the most service.

Minard's Liniment for all Strains.

Tire Antics!

There is quite a lot of fun to be had from an old auto tire. It may be used as a swing and tied with a strong rope to a beam overhead, or to the strong branch of a tree. A single rope is sufficient. The one who swings sits on the lower curve with the feet on one side of the tire, and the head above the upper curve, holding to the rope tied around the center of the upper curve. Such a tire may also be tied over a plunger or swimming pool and used as a spring board. The tire may be made from either in a sitting or standing position.

For a stunt contest at a picnic, camp program or party, the auto tire is full of possibilities. Below are some suggestions; you will think of many others.

1. See who can roll a pair of auto tires, with the hands, to a certain point within the shortest time. Someone holds a watch to time each contestant in turn.

2. See who can roll a single tire the longest distance ahead of him without allowing it to fall.

3. Stow away an auto tire under the heads of the players, and see who can throw a number of different articles through it, without missing. Such articles as a ball, an apple, a shoe, a horse shoe or a hat, may be tossed through it in turn.

4. Roll a tire tight to a line of boys, and see if each boy on a side plunger should be two sides in this contest can jump and allow the tire to roll between the legs.

5. Hang two persons hold an auto tire on the ground and see which boy can crawl through the tire the quickest.

6. Place an auto tire around the waist and, with this handicap, time each contestant in a race to see who can run the fastest to a certain point.

White Lilacs BY DANIEL WHITEHEAD HICKY

Who once has seen white lilacs, never more
Upon the altar of his heart shall keep
A place for things more lovely,
Than those that grow.

Into a hundred garden lanes and
reap
A harvesting of blooms whose petals
hold
The embers of the sun's fire,
And how
Of purple twilight quivering with
dew.
Who once has seen white lilacs can
not know
A thing more glorious to blind his
eyes.

A beauty lover to pierce his heart,
And though he tread the hills and
seek the plains
Trail every silver stream and count
tearpart,
He shall come back to lilacs wild-spreading
ing
Beside a garden gate; pale lilacs
white
Against the quiet stars—the loveliest
moon.

The gracious hand of God shall ever write!
For Blisters—Minard's Liniment.

Teacher: "What's your name, little boy?"
New Pupils: "What's the rest of it?"
New Pupils: "Mule—Cappers' Weekly."

Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with Bellevue and Alford Hospitals, New York City, offers a Three Year's Course of Training to Young Women who are equipped with a high school education and are desirous of becoming nurses. This hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further particulars write or apply to the Superintendent.

Classified Advertising

FOR SALE
AI...
WANTED
A...
WANTED
A...
WANTED
A...

King Bug Killer

Invincible, Tempest and
Festivity
A Quick and Sure Death to the
Lobster
Stimulates the Plant Through the
Leaf
Guaranteed
AT YOUR DEALERS
Write us for Literature
KING CALCIUM
PRODUCTS
CAMPELLVILLE, ONT.
O. C. G.

For Sunburn

Minard's Liniment is a cooling, soothing, and refreshing remedy for sunburn, heat rash, and other skin irritations. It is a household necessity for all who enjoy the outdoors.

MINARD'S "KING OF PAIN" LINIMENT

YOUNG WIFE STRENGTHENED

After Taking Lydia E. Pinkham's Vegetable Compound

Barrett, Ontario.—"When I first took Lydia E. Pinkham's Vegetable Compound, I had been married about a year and my strength was leaving me on account of my condition. I was only 19 and it was my first child. My mother told me I needed something to steady my nerves and a girl child. I took the Vegetable Compound. I am so thankful I did because it has steadied my whole system and now I feel perfectly well and have a most lively baby boy."—Miss J. B. STARRICK, Toronto, Ontario.

ISSUE No. 27—39