Every Piece Tells Its Own Story

Following a tradition which began more than thirty years ago, H. H. Melanson, Assistant Vice-President of the Canadian National Railways, was presented with a historic gavel at the annual convention of the American Association of Passenger Traffic Officers, of which he is the 75th president. Every piece of wood in the gavel has its own story to tell of Mr. Melanson's career and of railway development. There is in it willow from the tree which grows in front of the house of Mr. Melanson's father in France; a piece of an apple tree from Acadia; a piece of wood from the school where Mr. Melanson made his first studies; a piece of the first desk he used when he joined the railway; pieces of steel from the "Samson" and "Albion," the first locomotives operated in the Maritime Provinces; a piece of lumber from Mr. Melanson's first private car, No. 34 of the Intercolonial Railway, and a piece of hickory from the woods along the Canadian National lines in the State of Michigan. In addition to the gavel, Mr. Melanson received a collection of relics from all parts of the world, such as gold from Bonanza Creek, Yukon, gathered in '98; jade from New Zealand; Conemara Marble from Ireland; granite from Scotland; opal from Australia and a piece of metal from the last sleeping car built by the Pullman Company in the United States.

Leprosy Yields To Hospital Care

553 Sufferers Released in Year By Philippine Sanitarium

Washington.—Fresh hope for the conquest and possibly the ultimate eradication of leprosy as one of the most dreaded afflictions of mankind is given by Dwight F. Davis in his annual report as Governor-General of the Philippines, where the island government, with the aid of the Leonard Wood Memorial for the Eradication of Leprosy, is combating this once incurable disease with increasing success.

"Leprosy," Mr. Davis reported to the U.S. War Department, "is still a serious problem, as one-third of the insular appropriation of the health service is utilized in segregation and treatment of lepers. Treatment stations were opened during the year at Iloilo and in the Visayan region. A new one will soon be opened in Zamboranga and the large station being built at Cebu (which has been put into operation since the report was written) by the Leonard Wood Memorial is almost complete.

553 Released in Year

"Five hundred and fifty-three lepers were released on parole during the year, making a total of 2,013 released as negative since 1922. The Leonard Wood Memorial, in addition to expending 360,000 pesos ($180,000) for the Cebu Leprosarium, released 285,000 pesos for use in Culion and 30,000 pesos for the erection of a skin clinic in Cebu."

The change which has come about in the attitude of the Filipinos toward leprosy since the late Major General Leonard Wood encountered political resistance to his efforts to combat the disease while he was Governor-General was reflected in a message from Mr. Davis to Perry Burgess, of New York, director of the memorial organization, telling of the inauguration of the leprosarium at Cebu. This leprosarium, with accommodation for 1,000 and facilities for the advancement of research in the treatment of the disease, was made possible through a gift of $180,000 by Eversley Childs, of New York, and is known as the Eversley Childs Treatment Station.

American Staff Assembled

Realizing that the children of lepers are "born clean," he set them apart. Filipinos took charge of Culion, however, and 300 such children later contracted the disease, although it is not so easily communicated as was generally supposed. Then a staff of American physicians and nurses was sent to the isolated island colony. The native government did little to help, and in a few years only two of the physicians and a few nurses were left to care for the 4,000 lepers there.

This condition was brought to public notice by the Wood-Forbes commission in its investigation of Philippine affairs. Four physicians were then assigned to the colony and $50,000 appropriated. General Wood's appointment as Governor-General came about the time science was beginning to demonstrate the effectiveness of improvements and point the way to further improvements which have followed in the use of chaulmoogra oil for the treatment of leprosy. By the end of 1921 he had pressed the work at Culion so vigorously that 1,000 lepers were receiving this treatment.

Politicians Fought Wood

In 1922 the Culion staff was increased to eighteen physicians and twenty-one trained nurses and the number of cases receiving the treatment was increased to 4,000. The "living dead" were beginning to hope for life, but the native politicians caused the Legislature to reduce the Culion appropriation by one-third. While the politicians were intriguing to have General Wood recalled, 1,300 lepers petitioned him to stay at Manila and continue his efforts in their behalf.

Memorial Fund Established

After General Wood's death the committees engaged in the project were reorganized and formed, in his honor, the Leonard Wood Memorial for the Eradication of Leprosy, with General James G. Harboard as president of its board of directors. Subsequently, Mr. Childs made his contribution of $180,000 to establish the treatment station at Cebu for milder cases, with provision for laboratories, a medical centre, clinics, wards, a pharmacy, a dispensary, cottages for the staff and necessary equipment. His was the largest gift, followed by $100,000 from John D. Rockefeller, Jr.

With Culion, where 6,000 lepers can be accommodated, as the centre of the campaign against leprosy, the general program of the memorial organization contemplates the establishment of stations in various provinces where mild forms of leprosy may be treated, while fostering research in methods of producing and using chaulmoogra oil, improving the existing hospital facilities at Culion and Cebu, and assisting in the training and maintenance of a large staff of physicians and nurses to give treatment wherever it is needed in the islands.

CANADIAN SWISS AGENTS Regd.
1252 Laurier St. East, Montreal, Canada.

Smallest Fossil Turtle Found in East Wyoming

The fossil skeleton of a baby tortoise believed to be at least 20,000,000 years old has recently been presented to the National Museum, it was stated by Charles W. Gilmore, curator of the Division of Mammals. This latest addition is about two and half inches long and was found in eastern Wyoming.

The tortoise was probably about one year old when it died, although the same type sometimes lives to be hundreds of years of age.

There are other fossil specimens of this type in the museum, but this is the smallest yet found, and the small specimens are most desired, as the sizes obtained run now from the latest size up to three feet. The authorities want to have a collection showing the fossil specimens from the time of breaking through the shell to the largest sizes attained by the species.

"Peace of mind is one of the essentials for the enjoyment of art."—Otto H. Kahn.

The Lover's Lament

A Tewa Indian Song Translated by H. J. Spinden

My little breath, under the willows
And there by water-side we used to sit,
And there the yellow cottonwood bird
That I remember and therefore I
Under the growing corn we used to
And there the little leaf bird came
That I remember and therefore I
There on the meadow of yellow flowers we used to walk.
Alas! how long ago that we two walked in that pleasant way.
Then everything ws happy, but alas!
There on the meadow of crimson flowers we used to walk.
Oh, my little breath, now I go there alone in sorrow.

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monoghan, Ont., says:—"We have three fine, healthy children, to whom when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Payments by Postcard

One of the latest banking ideas is the postcard cheque. It comes from Germany, and is designed to cut down overhead expenses. A perforated strip at one end gives details of the account. This is torn off when the postcard is received, and the cheque is then presented at the bank in the usual way.

What are called postal cheques are also in use in a number of countries, and it is sometimes suggested that world-wide adoption would be advantageous.

Anyone can open a postal cheque account, but the principal advantage claimed for the system is that people who have no account can yet make payments, through the Post Office, to any postal cheque account in any part of the country. This is said to facilitate mail-order business.

Similarly, anyone can receive a payment from any postal cheque account, irrespective of whether he himself has an account or not.

Where Are the Six-Footers?

Mr. Andre Charlot, the famous producer, has recently been trying to get a team of fifteen girls, each six feet high, for a new London play. He found that there weren't so many six-footers among the girls of to-day, and that, among those who passed the height test, the majority weren't of the type he required.

There are many of the young women of to-day who are tall, but those who reach the six-foot mark aren't always very pleased about it. The average man seems to fight rather shy of a woman who is much taller than himself, and then a tall man very often marries a girl of the "petite" type.

Height, indeed, counts for less now than ever it did, though, on the average, people appear to be taller than formerly—many of the tallest people to-day are verging on middle age. Girls, however, are bigger in other ways—as inquiries at a shoe-shop or glove counter will reveal.

Minard's Liniment has a hundred uses.

Investigators find that milk can be kept in cold storage indefinitely. That is the way a lot of the milk of human kindness is kept.

WHEN FOOD SOURS . . .

Sweeten the Stomach instantly

About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been over-stimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia—just a tasteless liquid; pleasant, efficient and harmless. But it kills excess acids. It has remained the standard with physicians for more than 50 years.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know

Be sure to get genuine Phillips' Milk of Magnesia prescribed by physicians for over fifty years in correcting excess acids. 50c bottles—any drugstore. The genuine is always a liquid—never made in tablet form. Look for the name Phillips' on wrapper and bottle.

Economy Corner

Will's Cake

One cup sugar and ½ cup lard creamed together. Add 1 teaspoon salt and 1 well-beaten egg. To 1 cup thick sour milk add 1 teaspoon soda and stir until it foams over cup. Sift 2 cups of pastry flour and alternate them while adding to first mixture. Then add ¼ teaspoon each of allspice, clove and nutmeg, ½ teaspoon cinnamon and ½ cup seeded raisins. Bake about one hour in slow oven.

Orange Pudding

First prepare 4 good-sized navel oranges, pare and remove the white membrane and cut in small pieces. Pour over these 1 cup sugar and let stand an hour, if you have that much time to spare; as long as you can, anyway. Then put into double boiler 1 quart milk and, when nearly boiling, add 3 good tablespoons cornstarch, dissolved in a little cold milk, and yolks of 3 eggs, beaten first. When thick enough for pudding remove and let cool. This recipe does not call for sugar in the custard part, as there is a cup on the oranges, but if one wants it a little sweeter a little sugar may be beaten in with yolks of the eggs. When custard is cool pour over the oranges, beat whites of eggs, make meringue and put on pudding and brown in the oven.

Easily Made Grape Juice

Use Concord grapes. Remove from stems. Wash thoroughly. Use quart jars. Put 1 cup of grapes in each jar and 1 cup of sugar (¾ if you do not care for it too sweet). Fill jar with boiling water to running over and seal. Shake jar until all sugar is dissolved. Will be ready in about a month or two. Does not need to be diluted. Just remove the grapes.

Red and Green Pepper Relish

Seven pounds green sweet peppers, 3 pounds red sweet peppers, 3 pounds onions; grind all together and add 2 cups white sugar, 4 cups vinegar, 4 tablespoons salt. After it starts to boil, continue for half-hour. Makes an average of 15 bottles.

Chocolate Hermits

½ cup melted butter, ½ cup sugar, 2 tablespoons grated chocolate, 1 tablespoon water, 1 egg; ½ cup nuts, ½ cup raisins, 1 cup of flour (possibly a little more), vanilla, 1 level teaspoon baking powder.

Cook water, chocolate and 1 tablespoon of the sugar till smooth. Stir into butter and add rest of sugar, beaten egg, flour, baking powder, sifter together, nuts, raisins and flavoring. Roll, cut and bake in rather hot oven.

Orange Date Cookies

Two-thirds cup shortening, 1½ cups brown sugar, 2 eggs, 2 tablespoons sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, ½ teaspoon cloves, ¼ teaspoon salt, 2 cups flour, grated rind 1 orange, 1 cup dates. Cream shortening and sugar, add beaten eggs. Mix and sift dry ingredients alternately with the sour milk. Last of all, add orange rind and dates. Drop on cookie sheet.

Peach Batter Pudding

One tablespoon butter, 1 tablespoon lard, 3 tablespoons sugar, ½ cup milk, 1 egg, 1 cup flour, 1 heaping teaspoon baking powder, pinch salt and sliced peaches.

Cream butter, sugar and lard together, add the milk and beaten egg, then the flour, powder and salt, sifted. Put batter over the peaches that have been sliced and sugared. Boil in a can 1½ hours or bake 20 minutes in the oven.

Livers Cooked In Jewish Style

Chicken livers can make the most delicious dish. I generally bake the livers for about 10 minutes and then chop them in a wooden chopping bowl with a small onion, some fat drippings and season to taste. Livers fried with onions and cut-up green peppers are also very good.

When Languid And Anaemic

When a girl is languid, dull and irritable; when her color fades you may be sure her blood is impoverished. When a girl's blood is poor her nerves are starved and there is serious danger of a decline. Rebuild the blood, strengthen the nerves and good health will follow.

Dr. Williams' Pink Pills are of untold value as a blood-builder. Concerning them Mrs. John Finin, Howlan Station, P.E.I., says:—"My daughter was badly run down; pale, nervous and under weight. We decided to give her Dr. Williams' Pink Pills. After a few boxes she gained in weight, her appetite improved and color came to her cheeks—in fact she fully regained her former good health."

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

Australian Farmers Welcome Bug Army

An army of 300,000,000 bugs of various varieties has been landed in Australia by the Commonwealth Prickly Pear Board of Brisbane, Queensland. They are to do battle with the cactus, which was imported many years ago and has since been thriving to such an extent as to crowd out worthier vegetation of agricultural value.

Australian agriculturists had tried every weapon they could think of in the war to drive out the spiny pests, but all measures semed to be vain. The board then sent entomologists to Mexico, home of the cactus, to learn how the pest of plants was confined to waste land on this continent. The entomologists found bugs that ate the cactus and expressed their belief that if these bugs were introduced into Australia they would check the cacti sufficiently to permit other plants to grow.

Most of the imported insects are of the variety Cactoblastis cactorum. Among other varieties imported are cochineal insects, from which the red dye of that name is derived for commercial purposes.

Minard's Liniment aids tired feet.

Woman's Song

(From The Countryman)

Kind kettle on my hearth
Whisper to avert God's wrath,
Scoured table, pray for me.
Jam and pickle and conserve,
Cloistered summers, named and numbered
Me from going bad preserve;
Pray for me.

Wrung dishclout on the line
Sweeten to those nostrils fine,
Patched apron, pray for me.
Calm linen in the press,
Far-reaped meadows, ranged and fallowed,
Clothe the hour of my distress;
Pray for me.

True water from the tap
Overflow the mind's mishap,
Brown tea-pot, pray for me.
Glass and clome and porcelain,
Earth arisen to flower a kitchen,
Shine away my shade ingrain,
Pray for me.

All things wonted, fleeting, fixed,
Stand me and myself betwixt,
Sister my mortality,
By your transient still renewed,
But more meek than mine and speechless,
In eternity's solitude,
Pray for me.

—Sylvia Townsend Warner.

Stanley Maxted Sings With Musical Cruisaders

The latest recruit to the ranks of the "Musical Cruisaders" which are being heard on Sunday afternoons at 4.15 over the Canadian Pacific Railway's Radio broadcast transmission system in Canada over WJZ and affiliated stations in the United States, is Stanley Maxted, well known Canadian tenor and writer.

The Musical Cruisaders offer Radio listeners the opportunity of following a party of travellers making the World Cruise on the Canadian Pacific liner "Empress of Australia." The artists include four male and four female voices. These musical travelogues are the work of Mr. Maxted, who has had long experience in the radio world as singer and programmaker.

Born in Folkestone, England, Mr. Maxted came to Canada at the age of nine and received all his schooling in Montreal, where he also studied voice and won wide repute as concert and oratorio singer. When the war came he enlisted as a private with the Canadian forces, returning as a lieutenant. He now holds the rank of major in the Canadian Militia. At the Scottish Festival in Banff last year he created the leading role in "Prince Charlie and Flora," a ballad opera dealing with a romantic incident in the life of the Young Pretender. During the past year he has sung in an average of six concerts weekly on the air, including the notable Cathedral Hour or Oratorio music, the Grand Opera Miniature, and a weekly recital with organ accompaniment. Mr. Maxted also introduced radio and concert audiences to Fraser Simson's settings of Milne's songs in "When We Were Very Young."

Paralysis Victims Perform Feats in Heated Pool

Dr. K. G. Hansson of the hospital staff of the New York Society for the Relief of the Crippled, conceived the idea in 1914 of indoor pools of heated water for therapeutic purposes and such pools now exist in New York City, Port Jefferson, Long Island, and in Los Angeles.

The principle is one of the most elemental in physics. Since a body submerged in water loses weight in direct proportion to that of the displaced water, patients assisted by this buoyancy are able to perform exercises while in the water, which they could not possibly do when not submerged.

The therapeutic pool gives much relief from the effects of infantile paralysis, arthritis, congenital hip disease, and other diseases paralyzing the muscles. In effect, the treatment of the pool is similar to that given at Warm Springs, Georgia, which has been so strongly advocated by Governor Frankland D. Rossevelt of New York State.—A. A. Hopkins, member of the staff of Scientific American.

"Does the average person realize how many animals are annually slaughtered in order to provide woman with seal, fox, skunk, squirrel and beaverskin coats?" says a writer. About 1,000,000,000,000,000,000 rabbits and cats, I should imagine.

Minard's Liniment gives quick relief.

The Literary Digest asks, "Who Discovered Fingerprints?" Our guess is that they were discovered by the person who discovered jam.

BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. P. W. SCARF & CO.

To Wake up FIT Tomorrow Take one TONIGHT

Quick Relief for CONSTIPATION, BILIOUSNESS, BLOATING, ETC.

Cascarets "THEY WORK WHILE YOU SLEEP" 10c

Nurses know

there's nothing like a hot cup of good tea to soothe people when irritable and restless. They know its value to themselves, especially when tired and nervous. And most nurses know that

RED ROSE TEA "is good tea" 107

TWO QUALITIES — RED LABEL & ORANGE PEKOE

Some Cheese Suggestions

Scraps of cheese, or cheese that has become dry, should not be wasted, but should be finely grated and kept in a well-corked bottle for future use. It can then be used in many ways—for making savouries, sandwiches, or omelets; it is also used by some cooks for sprinkling into soups.

A large potato baked in its jacket is, for instance, much improved if grated cheese as well as butter be added to it. Here are some unusual recipes:

Cheese Puffs.—Make a dough with flour and some water in which a spoonful of rough salt has been dissolved. Now rub some clarified suet into the dough and roll the paste out very thin. Mix a well-beaten egg with some finely grated cheese, a little pepper, and some milk. Roll the cheese up into the pastry, making rolls or turnovers about three inches by two, or larger if preferred. Fry the rolls in extremely hot lard and serve. The rolls will be greasy if the lard is not hot enough.

Hot cheese sandwiches.—Take a thin slice of bread-and-butter, remove crust, and roll it round a thin strip of Cheshire or other cheese. Place in the oven till the roll is lightly browned.

Cabbage au Gratin.—Cabbage makes as satisfactory a cheese dish as cauliflower, and is perhaps the more to be recommended to a change of treatment since it is so uninteresting by itself. Cover a tender young cabbage with breadcrumbs, a little butter and grated cheese, and delicately brown in the oven.

Marrow Cheese.—Another excellent dish, not very commonly used but always appreciated, is marrow cheese. Prepare and cook a marrow in the usual way, then transfer to an open fireproof dish. Sprinkle with breadcrumbs, pepper, salt, grated cheese, and a piece of butter the size of a walnut, then put in the oven to brown.

Mistaken

A couple had just been married. The clergyman shook hands with the bride, then held out his hand to the bridegroom.

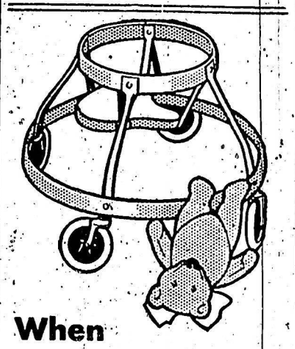
The latter, however, took no notice, but stood with his hand deep in his trousers-pocket.

When he saw that the clergyman continued to hold out his hand, he said in a very annoyed tone, "Hang it all! Can't you see I'm getting the money out as fast as I can?"

"Really, there's little difference between husbands and wives nowadays." "My dear—it's between husbands and wives that all the little differences are!"

Athletes recommend Minard's Liniment

"Keen animosity is often displayed toward the man at the top of the ladder by those beneath him," says a busines man. Especially if he is one of those rather careless house-painters.



When BABIES are Upset

BABY ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea. How would you meet this emergency—tonight? Have you a bottle of Castoria ready?

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria.

Fletcher's CASTORIA

Classified Advertising

LADIES WANTED—TO DO PLAIN sewing at home, whole or spare time, good pay, work sent any distance, charges paid; send stamp for particulars. National Manufacturing Co., Montreal.

TEN ACRE FARM, FRUIT, GRAPES, vegetables, new fox ranch, good buildings; will pay you to ranch foxes; would accept closed car or foxes as part payment. R. P. Simpson, R.R. 3, St. Catharines, Ont.

MARRY. RELIABLE MATRIMONIAL paper mailed free. Address Friendship Magazine, Medina, New York.

Magistrate — "Had you complete command of yourself at the time?" Witness—"No, sir. My wife was with me."

Conquers Pain!

The ideal rubbing liniment for muscles or joint pains; for swellings, sprains and rheumatism.

MINARD'S "KING OF PAIN" LINIMENT

Deafness HEAD NOISES
PUT IN BACK OF EARS—INSERT IN NOSTRILS.... Leonard EAR OIL
$1.25 All Druggists. Descriptive folder on request
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DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid opiates and dope. They relieve pain but affect the heart and are very dangerous. They are depressing and only give temporary relief, the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the congestions of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.

INDIGESTION

Banished by Kruschen

"I suffered for some years from a bad stomach. I used to feel very miserable after meals. The doctor advised me to take Epsom Salts but it did me no good. I decided to try Kruschen and am now taking it and have done for the past 12 months, and I am very glad to tell you that my stomach is now in perfect order. I feel as young in spirit as I was 20 years ago, thanks to Kruschen." (Mrs. H.)

You know how badly an engine runs when it gets clogged up. It's the same with your body when your gastric—or digestive juices fail to flow. What you need is a tonic—Nature's own tonic—Nature's own mineral salts.

You get all these six salts in Kruschen. The first effect of these salts is to promote the flow of the saliva and so awaken the appetite. The next action occurs in the stomach, where the digestive juices are encouraged to pour out and act on the food. Again, in the intestinal tract, certain of these salts promote a further flow of these vital juices which deal with partly digested food and prepare it finally for elimination through the system.

USES PINKHAM MEDICINES

Praises Vegetable Compound, Blood Medicine and Liver Pills

Birchtown, Quebec—"I live 13 miles from town on a farm, with all my home duties and churning to attend to. At the Change of Life, I became nervous and run-down. The Vegetable Compound helped my whole system. My nerves are better, my appetite is good and I am able to do my work. I have also taken the Blood Medicine and the Liver Pills and they helped me. I will answer letters from women asking about your medicines." Mrs. Richard Charlton, Birchtown, Quebec.