



A Santa Fe Ticket to California Will take you through Phoenix

on Santa Fe rails "all the way" from Chicago and Kansas City.

You leave on the Santa Fe and arrive on the Santa Fe.

Warm days in the desert and along a sunny seashore.

Golf and horseback riding keep the pep up and the pounds down.

Fred Harvey dining service another exclusive feature

Makes your Pullman reservations easy.

F. F. HENDRY, Gen. Agent
SANTA FE BLDG.
604 Transportation Bldg.,
DETROIT, MICH.
Phone: 2-6600, 2-6615

The "Chief" Railway



CHILDREN CRY FOR IT—

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.

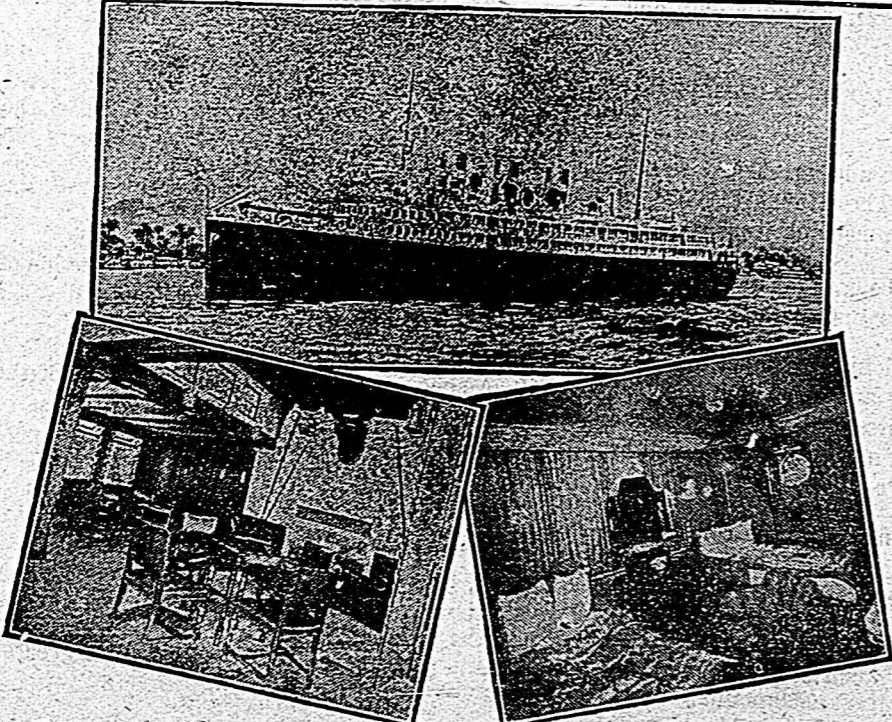
When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.

Castoria is sold in every drugstore; the genuine always bears Chas. H. Fletcher's signature.



Chicago was the first town to have a ten-story building. This was erected as recently as 1885; now buildings running up hundreds of feet are common, and there are 377 structures of twenty or more floors in the United States. The height limit of London is now eighty feet, but there are some buildings which are higher.

LATEST GOOD-WILL SHIP



Here is the C.N.S. Prince Robert, new liner, which has been described as the last word in shipbuilding, and two views of her interior. She has been described as architecturally faster than the Bremen and she will be a credit to Canada when she takes the Canadian trade and pleasure party from Halifax, sailing February 21, on a 49-day cruise to South American ports, spending 11 days at Buenos Aires, where Canada will have pavilion on the grounds of the British Empire Trade Exhibition to be opened by the Prince of Wales, March 14. Lower left, smoking room, showing Canadian moose head. Lower right, a cabin, typical of the modern art put into this new unit of the Canadian Merchant Marine. It is expected that 200 members will take the cruise. Senators, members of Parliament, a representative of the Dominion Government, professional men, manufacturers and many who are merely pleasure tourists are among those who have already reserved space. The party will also include a representative of Sir Henry Thornton, president of the Canadian National System.

Owl Laffs

Some folks want to know your views only that they may oppose them.

Attorney—"But, madam, you cannot marry again. If you do, your husband has clearly specified in his will that his fortune will go to his brother."
Widow—"Yes, that's so. It's the brother that I'm marrying."

A young school boy halted before the blacksmith's forge and watched the smith with great interest. Very much annoyed, the smith suddenly held a red hot piece under the boy's nose, hoping to make him back away.
The Boy—"If you'll give me a dollar I'll lick it."

The smith took a dollar from his pocket and held it out. The boy took the money, licked it, placed it in his pocket, and slowly walked away, whistling.

There is a big difference between seeing through a thing and seeing a thing through.

Young Lady—"Were you pleased with the new school today, Tom?"
Tom—"Aw, my mother has wash me face an' when I got home do dogs bit me 'cause he didn't know me."

Many ideals, like many people, look good until you try them out.

Mrs. Jones—"What kind of interior decoration does your husband prefer?"
Mrs. Smith—"Well, just between you and me, it's corn beef and cabbage."

Women are getting so they can break out of jail just as well as men ever could. Women are quick to learn the tricks of men.

Ignorance is the mother of prejudice. Meanness is probably its pa.

Gerald—"What kind of girl is Flossie?"
Harold—"Well, she knows life like a book—that has been suppressed."

Mr. Rook was reading statistics in the newspaper. "In New York a child is born every two minutes," he announced. "Good heavens!" exclaimed his wife in horror. "And we're planning to stay there two weeks!"

It is our guess that no 200-pound man would even enjoy jumping from an airplane and trusting himself to a parachute.

Census Enumerator—"What's your husband's vocation?"
Housewife (haughtily) — "He's a vegetarian."

Enumerator (politely)—"No, no, I mean what does he do for a living?"
Housewife (with patience exhausted)—"I told you once. He's a vegetarian—he sells vegetables."

Easy money is predicted by some of the big financiers of this country. Well, that is what most people are looking for.

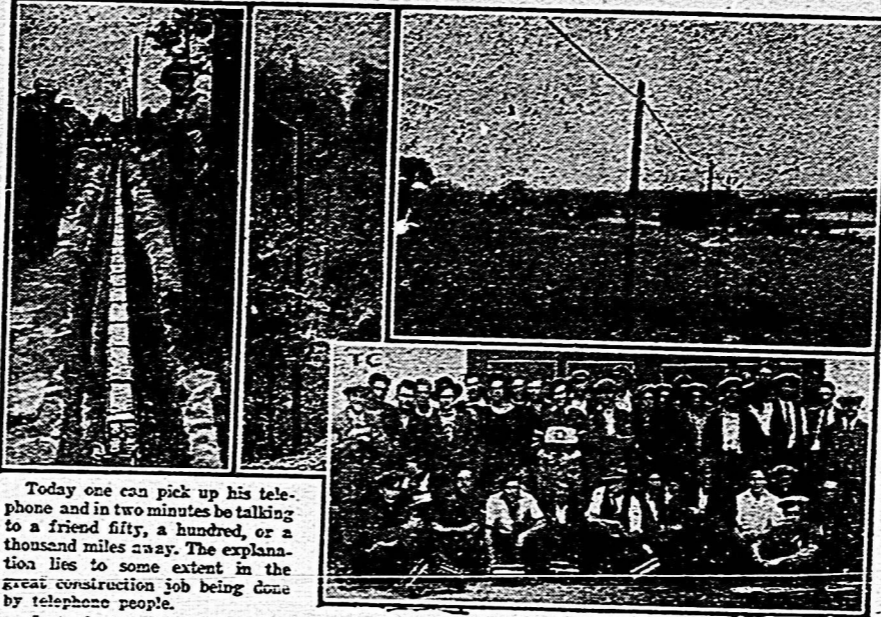
She—"Why so thoughtful, dear?"
He—"I have one dollar over this week, and I don't remember which installment I forgot to pay."

The Education of Man
At 20 we know it all.
At 30 we think we know it all.
At 40 we become somewhat uncertain.
At 50 we have grave doubts.
At 60 we give it up.

Drury—"Did you ever hear of the collegiate flower?"
Dempsy—"No, what's its name?"
Drury—"The blooming idiot."

Doctor—"What's your trouble?"
Patient—"I can't sleep."
Doctor—"Drink a glass of whiskey every half-hour throughout the night."
Patient—"Will that make me sleep?"
Doctor—"I don't know, but it will make the time pass more pleasantly."

Voice Highways to Cost \$6,000,000



Today one can pick up his telephone and in two minutes be talking to a friend fifty, a hundred, or a thousand miles away. The explanation lies to some extent in the great construction job being done by telephone people.

Instead of open wire, lead-covered cables traverse the countryside and pass under the city streets, making possible two hundred and more conversations at one time.

Of course operating efficiency has kept pace with mechanical improvements or present day service would not be possible.

This job of building these voice highways is one for experts and telephone men receive intensive training in every feature of the communication art before they can qualify for the work.

In the coming year the Bell Telephone Company plans to spend over six million dollars on its long distance system in Ontario and Quebec.

Chauffeur Whose Truck Splashed Pedestrians Fined in Berlin

Berlin.—Pedestrians who received a mud bath when a chauffeur drove his truck through a puddle of mud next to the curbstone in a Berlin street filed a complaint and the chauffeur was summoned to court. The evidence showed that he had plenty of room to turn out and avoid the puddle, and the court imposed a fine of three marks. Similar decisions have been rendered also by Bavarian courts.

Barley First Plant Sown

London.—Barley was probably the earliest plant cultivated by man, and the rise of civilization can be dated from the time it was first deliberately sown, Dr. E. S. Deaven says. Origin of all the present races of cultivated barley, he said, can be traced to the wild form still found in Palestine, Syria and Persia. Barley, 7,000 to 10,000 years old has been found by explorers in Egypt, he declared.

Woman's Fortitude Forces Herself to Smile Through Pain

"I never seem to find time to rest," says many an overworked housewife. Under smiles and forced cheerfulness she conceals weariness and nervous depression; headaches and backaches. Often she is in real pain, but still refuses to give up. This very fortitude is apt to be her undoing. If she continues to neglect the signals of distress she will sooner or later suffer a serious breakdown.

A noted doctor has stated that nine-tenths of the ills of womanhood are due to poor blood. That anaemia is the cause of the low spirits, the poor appetite and palpitation that make life a burden for so many.

There is no need, however, for women to suffer in this way. All the miseries of anaemia can be banished by taking Dr. Williams' Pink Pills. These Pills create an abundance of new, rich, red blood and this new blood will bring strength and vitality to nervous, over-tired women. The Pills are sold by all medicine dealers or by mail at 50 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

Crying Babies are Sickly Babies

The well child does not cry. He is laughing and happy all the time. Baby's cry of distress is the only means he has of telling the mother or nurse he is ill. Mothers, you can keep your little ones well and happy by giving them Baby's Own Tablets—the safe and efficient remedy for all childhood ailments.

Baby's Own Tablets are a mild but thorough laxative. They sweeten the stomach; regulate the bowels and thus banish constipation and indigestion; break up colds and simple fevers and allay the irritation accompanying the cutting of teeth. They are sold by all medicine dealers or by mail at 25 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

Some Remedies

For Insomnia
If you are a sufferer of sleeplessness find the cause, then overcome this with proper remedy.

Insomnia may be caused by worry, grief, indigestion, hunger, bad ventilation, cold feet, impaired nerves and so on.

Reading in bed may not be in accordance with the prescribed rules of health, but if your troubles so dominate your mind that you think of them as soon as you get into bed, interesting reading matter is what you need to dispel the disturbing thoughts and direct your mind along pleasant channels until drowsiness comes and all you need do is switch off the light and sleep on.

If you think indigestion causes your inability to sleep, take a little peppermint water at bedtime, but do not indulge in strong drugs and especially avoid sleep-producing drugs.

Hunger is a frequent cause of insomnia. If you have dinner at 6 p.m. and retire at 11 or 12 your stomach will be empty. A glass of hot milk and a few simple crackers at bedtime will probably induce sleep.

Every sleeping room should be well ventilated, but it is not advisable to spend an evening in a heated room and go into a cold room to sleep. Open windows when you are ready to get into bed. If your feet are cold slip on bed shoes until feet become warm.

It has been estimated that bad nerves are the cause of sleeplessness in nine out of ten cases. Eating raw onions before retiring is considered a nerve sedative a glass of hot milk has proven effective in many cases.

One nervous woman found hearing voices soothed her to sleep, so she retired early. There are people who find the ticking of a clock in the room is conducive to sleep.

These are all simple remedies but each has been known to effect a cure. When you decide upon the cause of your insomnia, apply the remedy.

A New Vogue.
At such a period in the sartorial year it is not possible to insure anything a vogue. But all signs point to a resort and spring season of plaids. Small plaids in woolen mixtures, large diagonal plaids in silks.

Plaids usually bring to mind the multi-color effects common to gingham and the bold patterns of coatings for sports. The trend now is toward plaids in two colors such as a navy design printed on a red background or a white one on black.

Having run the gamut of florals from diminutive to huge sprawling designs in silks, it is plausible that the plaid will become a fashionable variation in patterned fabrics.

Uses For Cold Tea
Tea that is to be used for any of the following purposes should be carefully strained to ensure that none of the leaves find their way to the articles.

Cold tea will give a beautiful ebony shade to lace. Add a little to the final rinsing water after the lace has been washed.

Use a mixture of strong cold tea and water for washing varnish on wood. Allow the mixture to dry on the material, then polish with an old silk handkerchief.

Tea can be used for giving a gloss to mirrors, windows, and glassware. Add a generous quantity to the water with which the glass is to be cleaned.

Pastorale

(By Clara Shanfelt in "The Saturday Review of Literature," New York) I had forgotten that hills could be like this.

I had forgotten the vastness and the stillness.

These slow appealing rhythms made me shiver.

Swung in space—lento. Like the slow movement of a symphony.

Arrested in a long caesura; The colors of autumn melted, fused together.

Heid as in the prism of an opal.

I had forgotten the high upland pastures, Elegantly constrained By the handsome and strict geometry of their stone walls.

Smooth as park glades— Naked among her glorious jewels; The bright separate flames of the trees.

Crisp cones and pyramids of shocking color— Vermillion, magenta, amber, wine gold—

The black stains of the evergreens blotted against them; The ragged gray of the torn granite; The far pellucid amethyst horizons.

Rarely the sweet lyrical phrases of cow-bells

See like springs from fissures in the air—

An old pastoral music long forgotten; The roads are deserted, the landscape empty else.

You smell the breath of the north— Pungent, resinous, cold— Passing the rocky virgin grottoes, ravines.

Lit with their ancient candlelight of gold Maple and birch, staring among the hemlock and spruce.

Their shadows. Ferns green in imperishable elegance Lit above hot drifts.

O why were we divided, our hearts, our flesh, Our hard intractable minds cleft asunder.

On such a day, in such a place. . . . I burnt by the fire to madness and you like rock?

Metallized Wood
A metallized wood is now available for commercial use. This metallized wood consists of wood combined under pressure with molten lead, tin, and similar slow-melting metals or alloys.

The treated wood may be cut and machined by the usual method and with about the same facility. Impregnating wood with metal improves the appearance and creates an attractive, out-of-the-ordinary finish. It is claimed that this product offers great possibilities for special bearings, of the oil-less type and for meeting special conditions where unusual pressure resistance requirements are called for.

Singer: "I'm afraid I didn't do very well." Wireless Announcer: "Oh, that's all right! As a matter of fact, through an error you were announced as 'Zoo Imitations.'"



ACID after meals

GET RID of your dread of pain after eating. Eat without fear of "indigestion," sour stomach, disagreeable gas or heartaches.

When your food ferments, "disagrees," lies like a lump in your stomach, it's a sign of too much acid. You need not resort to crude methods—take instead an anti-acid that will correct the condition. Phillips' Milk of Magnesia.

A spoonful of this pleasant-tasting, soothing fluid neutralizes many times its volume in acid. It restores the proper alkaline balance to an acid-

soaked stomach and bowels—assists these organs to function as they should.

Phillips' Milk of Magnesia is what you need when a bad breath, coated tongue, headaches, nausea or billowness indicates an over-acid condition. Take a spoonful today and for several days and see how it sweetens the system. You won't be nearly so liable to colds or sickness. All drugstores in the Dominion sell it in 50c bottles.

Genuine Milk of Magnesia is always a liquid—never a tablet. Look for the name Phillips on the bottle.

Brush Notes.

We use brushes of all kinds so much for our own toilet and well-grooming—we have nail brushes, hair brushes, eyelash and eyebrow brushes, clothes brushes hat brushes, and shoe brushes—that it is astonishing that we do not treat our homes to a special set of brushes, too.

There is much good work that a brush may do. With a brush you may accomplish satisfactorily much that a duster fails at. Naturally the brush must vary according to the tasks it is required to perform.

A fairly stiff clothes brush kept specially for your upholstered chairs and settees will keep these remarkably free from dust. Cretonne covers will last clean very much longer if they are given a good brushing every time the room is turned out.

Carved furniture of any kind requires the services of a medium-sized soft-haired brush, such as is used for cleaning typewriters. This will work its way into all corners and keep the carving free from dust.

Any hangings or curtains, which by reason of their texture or heaviness cannot be washed or cleaned very frequently, will be kept in better order and need cleaning less often if they are well brushed at frequent intervals.

A smaller, soft-haired brush will be invaluable for your small pieces of china, while a nail brush is certainly necessary when you come to wash them. China that is at all delicate or of intricate design requires the attention of more than a duster, which often proves quite inadequate to cope with the dust that accumulates in tiny crevices. The only way of dealing with these, if you have no brush, is to twist a corner of your duster and poke out the dust gently, but this is not so good as using a brush.

Feather brushes with long or short handles are admirable for cursory dusting and out-of-reach places, but these are old friends; it is the new members of the brush brigade that need to be given a niche in most households.

Care of Shoes
To secure satisfactory wear out of shoes they must have care. Frequent cleaning and polishing, as well as alternate wearings, will provide this care.

All shoes should be brushed after each wearing to remove dust. If they take a high polish this should be frequently given. The shoes should be continually kept in a lustrous state.

Cleaning powders, liquids and pastes are now obtainable for every type of shoe, so whether leather or fabric footwear is worn, whatever color or finish, there is a dressing that will restore the original condition.

These compounds will keep the leather soft, will cleanse fabric shoes and keep metallic leathers from tarnishing, which all tends to preserve the attractive appearance of the shoes and give satisfactory wear.

It is Said—
Mint can be chopped more easily if sprinkled with coarse sugar.

Stains on the hands will disappear if rubbed with a cream made of olive oil and sugar.

A piece of burlap makes a good polishing for the hot range, as it does not readily ignite like paper and a cotton or wool cloth.

Several layers of newspaper spread between the bed springs and mattress will prevent sleepers getting cold backs.

Checks Again
Checked or plaid skirts with plain jackets will be part of the spring mode. Already costumes of this type are being worn at European resorts where smart sports togs are the rule.

Plaids, however, are seen in costumes for other phases of dress—as lining for coats, for entire dresses to wear with solid color coats, for blouses, as well as scarf and beret ensembles.

Take Long Walks
Fat Men are Told

How can you walk off your fat if you haven't any energy to do it? You can take off fat with Kruschen Salts if you will take one-half teaspoon in hot water every morning before breakfast, modify your diet and exercise regularly.

There are six different salts in Kruschen that your body organs must have if you are to enjoy good health.

While you are losing fat you will be gaining in vigor, energy, vitality and power of endurance.

That means that soon you will be able to walk many miles without fatigue and enjoy every step you walk.

Drug Stores all over Canada sell Kruschen Salts, and a jar costs but 75 cents—it's a real blessing to fat people.

Classified Advertising

FOR SALE
PIPE ORGAN—CHAMPLAIN MODEL
A small but complete pipe organ designed for the suburban church. Economical in space and cost. Write for descriptive circular. Organ Co., 1000 Main St., Toronto.

High Seas

By Cyrus C. Johnston in "Psychology"
I care not how the winds may blow if but the winds blow strong.
Pray send no veering, halting breath To bear my craft along.
Just a bright, bright star to steer me by.

That my ship may not go wrong, I care not how the seas may toss.
Or ever the winds may roll Or if the fires of outpost stars Must be my utmost goal.

If Love shall be my flaming cross To guide my outcast soul,
To Magic Isles of distant clime I do not sail alone.

But to Eternal Summer Time And Ships that I have known,
I shall be glad when the skies are bright

And sing when the skies are gray, If only Love shall cherish me,
And the course be a long, long way. For the dream is old

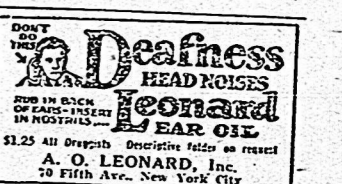
And the tale is told Of Ships on a Golden Day.
I ride with Beauty on Treasure Ships Where the far din of guns are piled,
And the smile of a mother's lips And the smile of a little child!

And I give all the gold In a brimming hold For a song when my heart's beguiled.
These are enough, O Master of Ships, (With the stars to guide our light)

A far-dung sail, a booming breeze, And a song when the spray is white,
To know no fear When the Port is near

And a great dawn floods the night.

Landed By Tractor
The dirigible Graf Zeppelin displaced with man power on a recent landing and was brought to a safe halt by a caterpillar tractor. The machine crawled along the ground winding up the airship's landing hawsers and brought it gently downward, and pointed it into the mast.



FOR CONSTIPATION
effective in smaller doses
SAFE - SCIENTIFIC



Genuine Gratitude Compels Tribute.

Mr. Victor Hills, of Thornton Heath, writes:—"For many years I have suffered with that distressing complaint—constipation, and its attendant effects of sick-headache and indigestion. It was a red-letter day for me when a friend recommended me a treatment of Carter's Little Liver Pills, and I can honestly say that results have been truly marvelous. I now enjoy good health and feel that life is worth living. The relief I have experienced compels me to add my sincere tribute." Take Carter's Little Liver Pills. All druggists 25c and 75c red pkgs.

FARMER'S WIFE GETS STRENGTH

By Taking Lydia E. Pinkham's Vegetable Compound

Wilton, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound through the Change of Life. It helps me and I cannot praise it too highly. I was troubled with heat flashes and my limbs were heavy so I could hardly walk to do my farm work. I saw in the newspapers your ad about the Vegetable Compound and thought I would give it a trial. The first bottle gave me relief and I have told others what it does for me. I am willing for you to use my letter if you choose." Mrs. D. B. Peters, Wilton, Ontario.
Ask Your Neighbor