

After the hockey match
- a cup of GOOD tea, at the
rink, at the restaurant, or
when you get home.

RED ROSE TEA

"is GOOD tea" 226

2 CHOICE BLENDS - Red Label & Orange Pekoe

Bird That Travels From Pole to Pole

By Oliver G. Pike, F.Z.S.

The energy expended in swimming the English Channel must be as nothing compared with that used up by many migratory birds.

There have been several instances of birds crossing the Atlantic. A lawing vessel in England was recovered in Newfoundland, and this probably flew over the thousands of miles of sea without resting.

Many of these birds are glad of the help of a passing steamer, and when they land on this in an exhausted condition they show little fear of man, and allow passengers to feed them. A short time ago a large steamer bound for Liverpool was nearly a thousand miles from the American shore when a large flock of birds settled on the rigging and decks.

Longest Flight of All. Many of these, which included pigeons and cranes, were captured by the passengers, and the ship's carpenter was kept busy making cages.

Three small birds fed exhausted on the deck of a steamer in mid-Atlantic. Two survived, while the third died from starvation. The two survivors were a linnet and a chaffinch.

A Labrador falcon captured by a light-keeper on the west coast of Scotland was so exhausted that he was able to pick it up, and although he endeavored to keep it alive with suitable food, it succumbed. It must have travelled from Newfoundland.

Some migratory birds fly great distances. English small swallows come six thousand miles each spring, and return the same distance in autumn, and many of the diminutive warblers will travel three thousand miles each way. The ringing of birds by British ornithologists has given us valuable information about the destinations of our migrants. We have found that our swallows winter in Natal, our cuckoos go to Northern Africa and Palestine.

But what are we to think of a bird which nests in the Arctic circle and winters in the Antarctic? It is believed that our dainty Arctic tern does this; if so, it makes the longest flight undertaken by any bird on migrating.

A sea bird could, however, settle on the sea during its journey, and as this tern travels down the coast of Africa it would have plenty of opportunity of resting.

One of the greatest mysteries of migration is the way in which the tiny travellers find their way. It has been proved time after time that they endeavor to return to the self-same spot season after season.

A pair of red backed shrikes returned to the same bush for nesting two years in succession, and a small

warbler I have watched has built her nest in the same little bush for three successive seasons. Between their nesting operations each bird must have flown not less than six thousand miles.

Travellers in the southern seas have often seen the great albatross following their boat for a week or more, only settling for fleeting moments to pick up food thrown from the ship—Tit-Bits.

New Theory Advanced of Fatal Belgium Fog

It rose from a poisoned river, thinks a correspondent of The Digest, writing from Woods Mills, Antwerp, New York, and fortifying his opinion with some war-time experiences.

"That mysterious blanket of fog that came along to the Meuse Valley section of France and Belgium, carrying death with it, will remain a mystery unless the waters round about are analyzed for some poisonous substances such as arsenic, or chloral hydrate; in France's soil and rivers as he writes on, elaborating his extremely interesting theory. We are told, as we read on:

"I remember, when we were there during the war, we were forbidden to bathe in a river of the same name. Meuse. We were told that to swim in the river was death, for when you went in and came out, you would be taken with cramps and die. Well, that's just what happened; some did."

"Now, then, it must have been arsenic, for only arsenic would give you painful cramps such as that; but, if the people died without a struggle, then it was because of chloral hydrate, when inhaled in vapor or gets into the pores through bathing, cuts the circulation completely, and you fall asleep and die without pain or a struggle."

The Green Places. In fields and deep among the friendly trees

And on the solemn hills, man knows his heart:

He is accompanied by ancestors. His sires loved green, in it they had their part.

But when he moves alone in city ways, With mutabilities along the street, He has no kinship with historic days No acorns crack beneath his alien feet.

Eternity informs the lightest rain, And truthfulness the everlasting hills;

Be sure there is no end to any pain Save in the womb that nurtures daffodils,

Loving the things your father looked upon, You have the eyes of Jesus, Dante, Solomon.

—Egerton Clarke in "The Death of England."

Fighting the White Man's Scourge

Health statistics compiled by the Nova Scotia Government show that the efforts put forward by that province to lessen the scourge of tuberculosis are meeting with encouraging results.

The Government has created a special tuberculosis department and generous funds are to be set aside for its maintenance. The adoption of stringent enactments, designed to curtail the spread of disease through infection, has resulted in the lowering of the death rate in a marked manner.

The general death rate per 100,000 of the population, from all causes, has also been lowered from 134 in 1921 to 90.5 last year. Public monies cannot be devoted to any more profitable investment than that of protecting the health of the people.

—"The Montreal Daily Star."

Crystal Gazer: "I see—I see buried treasure."

Crystal Gazer: "I see—I see buried treasure."

BLACKHEADS

Get two ounces of peroxide powder from your druggist. Sprinkle in a hot wet blackhead will be dissolved. Every safe, sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. F. W. SCARB & Co. 522 Wellington St. W., Toronto.

BLACKHEADS

Don't suffer any longer from these unsightly blemishes. Overcome them at once with the new Peroxide Powder from your druggist. Sprinkle a little on the face and the blackheads will be dissolved. Satisfaction or money returned.

Cuticura Talcum

Antiseptic, Fropphagetic, Fragrant and Refreshing. The Ideal Skin and Baby Powder. A delightful perfume for the skin after bathing. 25c. everywhere—Sample Free. "Cuticura," Box 2616, Montreal, Canada.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package.

Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach, and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thomloe, Ontario.

Lydia E. Pinkham's Vegetable Compound

1400 E. Palmer St. C. Lynn, Mass. U.S.A. 2nd Edition, 1917, Revised.

Sunless Window Made Sunny

Every little while someone discovers a new and delightful way to curtain some north or poorly lighted window, so that the effect of light and sunniness is brought into the room. A very successful window curtain and drapery, which brought an appearance of sunshine and a suggestion of a flowery garden into a dim and cheerless north room, is here described.

The single window, which was about two feet by the corner of the room, was covered with a glass curtain of cream net, reaching to the window sill. It hung moderately full, its width being once and a half the width of the window. On this curtain, at one side, were applied gray-colored flowers with leaves and long stems, all made of silk that permitted the light to shine through brightly, as through stained glass. On the opposite side, that nearest the corner of the room, a drapery of deep daffodil yellow was arranged in an unusual and strikingly decorative manner.

This drapery was not silk but it had a silky luster. It covered the entire width of the window, and two widths were used to get the right fullness, the seam being concealed between the folds. It was cut long enough to reach to the bottom of the window casing. The entire width of this drapery was drawn back to the casing at the side, half way between the top of the window and the middle, from which point it hung in graceful folds down over the casing, covered but a few inches of the glass, hence cutting off almost none of the light.

Flowers Like Stained Glass. The flowers, leaves, and stems were cut out and finished before they were put on the net curtain. Three flowers, two wide leaves, and three long, slender leaves, were used, besides the stems. Thin plain silk was selected for all of them in order that the effect might be airy and dainty and so their color would show up perfectly. Very thin satin would be equally satisfactory. Heavier material should not be used, as the desired effect is not that of ordinary heavy-looking applique.

The colors for the flowers were pink, yellow, orange, and a light, rosy lavender. Another charming combination, with the yellow drapery, would be light blue, dark blue, yellow, and deep, reddish orange.

The top flower, which reached to just below the middle of the window, was made in this way: A circular piece of yellow silk was cut out, five inches in diameter, but very irregular in outline, suggesting the shape of a flower. The edge was turned under one-quarter of an inch and buttonholed with yellow silk thread. This is easier to do if the silk is first basted on a piece of newspaper, which afterward can be torn away. An irregular circle, 3 1/2 inches in diameter, was cut out of the pink silk and basted over the middle of the yellow silk. The edge of the upper half of this pink

inch, and was buttonholed onto the piece was turned under one-quarter inch, using pink silk thread. A piece of the lavender silk, somewhat in the shape of a star, somewhat irregular half moon, was basted over all the lower half of the pink piece and all its edges turned under and buttonholed onto the pink above it and onto the yellow below it, using lavender thread. Then all the extra thickness of silk underneath were cut away so as to leave only one thickness of silk throughout the flower.

The next lower flower was made in a similar way, starting with a large, irregular circle of lavender, and using pink for its upper centre and orange pink, and had yellow for its upper centre and lavender below.

Stems and Leaves. The stems, which were not cut in a straight line, but on a slight curve, to make them look more graceful, were of a light but rather vivid green. The material for them was cut one inch wide, and one-quarter inch wide, turned under on each side, leaving the finished stem: one-half inch wide. Both edges were buttonholed with silk thread of the same shade of green.

The long thin leaves were a little wider throughout their middle portion than the stems, but tapered to points above, and were buttonholed in the same way. One of the two wide leaves was of green silk, the other of orange. They were two and one-half inches long, when finished and buttonholed. These were much curved, with a few interesting just above their underside. Along the middle of each ran a "vein" made with silk thread of the color of the leaf, in a simple stitch.

When the flowers, leaves, and stems were finished, they were pinned out at the window and adjusted until their position seemed right, then lightly basted in place. This makes it easy to remove them whenever the net requires laundering. The bottom of the stem and long leaves started from the very bottom of the curtain and extended almost to the sash.

This glass curtain and accompanying drapery were copied for a larger, wider window in another home. But there was added to the glass curtain, a strip of yellow silk, four inches wide, the same width as a third of lavender, another strip below of pink silk, of a bottom one of green, the silk of thin, semi-transparent silk being used as was chosen for the flowers and leaves. The bottom strip reached just to the window sill. This, of course, meant raising the net part so that the top flower came a few inches above the window sill. The lower half of the net was made slightly smaller than in the original curtain looking over it. The effect was indescribably gay.

Strange Cargoes Carried By Plane

All Bullion Now Shipped by Plane from London to the Continent

One of the little-known romances of modern aviation is the growth of aerial cargo-carrying.

In a single day more than twenty tons of freight pass either inward or outward through London's aerial terminus at Croydon. During the past nine months, nearly 700 tons of urgent mails and merchandise were air-borne to and fro along the European and Indian lines of Imperial Airways.

The variety of air-borne merchandise is remarkable. Often, a stranded motorist on the Continent will cable for some spare part for his car, and across it goes to him at once in the next air express. Nearly 2,000,000 radio tubes have now been carried by air between London and the Continent.

Lobsters By Air Mail. So, also, have approximately £30,000 worth of loud-speakers. When valuable pictures have to be carried between London and the Continent, they are invariably sent via the airway. It is increasingly the habit, also on account of the special handling, to send delicate electrical apparatus by air.

Recently, on account of the fact that Brussels sprouts are not normally available in Egypt in winter, some of the big hotels in Alexandria and Cairo conceived the idea of having a consignment sent out specially by the Indian mail-plane to give an extra attraction to the Christmas fare; so, also, on another occasion, were a number of lobsters.

The Flying Lions. Nearly all the bullion dispatched from London to the Continent is now air-borne—a convincing tribute not only to the speed, but also to the security, of aerial transport. Often, too, as a contrast to this, a consignment of day-old chicks will be placed on an early-morning plane, and in not more than a day's flying will reach some distant destination across the Continent.

Strange loads are sometimes air-borne. Not long ago, an Imperial Airways cargo machine had its interior transformed, temporarily, into a lion's den. In this improvised cage, a fully-grown lion, accompanied by its trainer, flew from Paris to London to take part in a circus. On another occasion, a big Handley-Page-Napier cargo-plane had its hull fitted up as a horse-box, in order to transport a valuable animal on an urgent aerial journey from abroad.

Merchandise dispatched by air from Croydon at midday is delivered in Paris the same evening. It is also possible in a single day to effect the aerial transport and delivery of packages to such important destinations as Brussels, Cologne, and Berlin.

All possible steps are taken to simplify air-roads transport. Consignments from the provinces come up by rail to London and are collected by the airway vans from the railway ter-

Paris Effectively Stops Cruelty to Animals

Paris.—The Paris members of the Society for the Prevention of Cruelty to Animals have recently conducted another of those crusading expeditions for which they are becoming famous.

This time their objective was the little town of Cernay-la-Ville, about an hour's drive from Paris, where arrangements were under way for a cock fight. The crusaders arrived on the scene in time to enlist the aid of local authorities, and the promoters of the fight abandoned their project. The incident was reminiscent of one which occurred several months earlier, when members of the society chartered motorcoaches and went en masse to Melun, where they succeeded in putting a stop to a bullfight which had been widely advertised and which was being put on in order to raise funds for charitable purposes. Promoters of questionable sporting events involving cruelty to animals, who used to stage their exhibitions in towns just outside the capital with a large measure of impunity, are beginning to have a wholesome dread of the invention of the society's militant president, Mme. du Gast, and her faithful cohorts.

Live Stock Shows

Toronto.—The importance of Toronto as a livestock show centre is further illustrated in the announcement made the other day of the signing of a three-party agreement between the Dominion, the Province and the City of Toronto for the erection of new stables at the exhibition grounds. The new stables are expected to cost in the neighborhood of \$1,000,000 and are to be used for the livestock displays at the exhibition and the Royal Winter Fair.

Maud: "I think Gladys would be happier if she had married a man with less money." Muriel: "Don't worry, my dear. He'll soon have less."

LOSE FAT THIS WAY

No matter how fat you are or how much you hate to get out and walk a couple of miles—

If you will take half a teaspoon of Kruschen Salt in a glass of hot water every morning for 30 days—

You will feel so good—so energetic, and the urge for activity will be so great that you will immensely enjoy a daily walk of several miles—and lose fat.

Why will Kruschen Salts make this great change for the better in me—it is natural for you to ask.

Because Kruschen is a blend of the six vitalizing salts Nature says your body must have to keep every organ, gland and nerve in the body buoyantly healthy.

While you are losing fat you will be gaining in energy—in endurance—in ambition. Your skin will grow clearer, and your eyes will sparkle with the good health that Kruschen brings.

The old arm chair won't hold you any more—you'll want to be up and doing—you'll enjoy work and active recreation and you'll sleep like a top. You'll lose fat, and probably live years longer.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package.

This consists of our regular 75c. bottle together with a separate trial bottle sufficient for about one week. Open the trial bottle first, put it to the test, and then if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still good as new. Take it back. Your druggist is authorized to return your 75c. immediately and without question. What could be fairer? Manufactured by C. G. Kruschen, Ltd., Manchester, Eng. (Incl. 1750). Importers: McCollivray Bros., Ltd., Toronto.

BLACKHEADS

Don't suffer any longer from these unsightly blemishes. Overcome them at once with the new Peroxide Powder from your druggist. Sprinkle a little on the face and the blackheads will be dissolved. Satisfaction or money returned.

Cuticura Talcum

Antiseptic, Fropphagetic, Fragrant and Refreshing. The Ideal Skin and Baby Powder. A delightful perfume for the skin after bathing. 25c. everywhere—Sample Free. "Cuticura," Box 2616, Montreal, Canada.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package.

Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach, and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thomloe, Ontario.

Lydia E. Pinkham's Vegetable Compound

1400 E. Palmer St. C. Lynn, Mass. U.S.A. 2nd Edition, 1917, Revised.

Owl Laffs

The hardest cross word puzzle is why one should want to use cross words. Money slips away from the young folks as quickly as time does from the older folks. There will probably be a low cost of high living. And, as you have probably suspected yourself, a good many of the chaps who long loudly for the good old days are actually longing inwardly for the bad old nights.

The Friend Who Just Stands By. When trouble comes you stand to try, You love the friend who just stands by.

Perhaps there's nothing he can do, The thing is strictly up to you; For there are troubles all your own, And paths the soul must tread alone; Times when love can't smooth the road.

Nor friendship lift the heavy load, But just to feel you have a friend Who will stand by until the end, Whose sympathy through all endures, Whose warm handclasp is always yours.

It helps somehow to pull you through, Although there's nothing he can do; And so with fervent heart we cry "God bless the friend who just stands by."

Stranger—"I want all the rotten eggs you have." Grocer—"Stale eggs? May I ask if you are going to hear Senator Loudmouth speak to-night?" Stranger—"Sh-sh, I'm Senator Loudmouth."

A service that others regard as a nuisance may be the basis of a profitable business if properly handled.

The two happiest moments of a woman's life are when a man asks her to marry him and when her doctor tells her she's got to have an operation. Trying to get even with people is what keeps up from getting ahead of them. There are insulting looks as well as insulting words. If you tackle the hard job first, the rest will be a cinch.

Mrs.—"Where have you been all evening?" Mr.—"At the office." Mrs.—"Then you must be made of asbestos for your office building burned down two hours ago."

Inquisitive Small Boy—"Daddy, if our doctor doesn't treat pigs, who cures the bacon?"

A young lady social worker was visiting a poor family in a New York tenement house and the mother was doing the washing and the baby was sitting on the floor chewing a very green banana.

Social Worker—"Oh, you shouldn't let that baby eat a green banana." The Mother (looking up from the wash tub)—"Have you ever had a baby?"

Social Worker (blushing)—"Certainly not. I've never been married." The Mother—"Well, then don't tell me how to raise babies, I've buried seven of them."

The modern girl has discarded tight clothes but the tight-husband problem is still unsolved.

A bright smile and an old gown are a good deal better than a bright new gown and a frown.

Hop To It

On the banks of a river a little frog was singing,

"Hop-to-it, Hop-to-it, Hop-to-it." Along came some campers and took up the strain,

"Hop-to-it, Hop-to-it, Hop-to-it."

So when you are asked, pray do not refuse, But jump to your task, lest your courage you lose,

And say to yourself, "It is not as I choose," "Hop-to-it, Hop-to-it, Hop-to-it."

An inhabitant of a Scottish village was describing a visit which he had made to the newly installed schoolmaster. He said: "After a bit of crack he asked me if I would take anything, and I said I wouldn't object, and he fetched the bottle and commenced to pour into a glass. Of course, I soon said, 'Oh, stop, stop,' and he did stop. 'I dinna think he'll suit this parish.'"

LOSE FAT THIS WAY

No matter how fat you are or how much you hate to get out and walk a couple of miles—

If you will take half a teaspoon of Kruschen Salt in a glass of hot water every morning for 30 days—

You will feel so good—so energetic, and the urge for activity will be so great that you will immensely enjoy a daily walk of several miles—and lose fat.

Why will Kruschen Salts make this great change for the better in me—it is natural for you to ask.

Because Kruschen is a blend of the six vitalizing salts Nature says your body must have to keep every organ, gland and nerve in the body buoyantly healthy.

While you are losing fat you will be gaining in energy—in endurance—in ambition. Your skin will grow clearer, and your eyes will sparkle with the good health that Kruschen brings.

The old arm chair won't hold you any more—you'll want to be up and doing—you'll enjoy work and active recreation and you'll sleep like a top. You'll lose fat, and probably live years longer.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package.

This consists of our regular 75c. bottle together with a separate trial bottle sufficient for about one week. Open the trial bottle first, put it to the test, and then if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still good as new. Take it back. Your druggist is authorized to return your 75c. immediately and without question. What could be fairer? Manufactured by C. G. Kruschen, Ltd., Manchester, Eng. (Incl. 1750). Importers: McCollivray Bros., Ltd., Toronto.

Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach, and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thomloe, Ontario.

Lydia E. Pinkham's Vegetable Compound

1400 E. Palmer St. C. Lynn, Mass. U.S.A. 2nd Edition, 1917, Revised.



SAFE FOR NEURALGIA

Prompt relief from HEADACHES, LUMBAGO, COLDS, SORE THROAT, RHEUMATISM, NEURITIS, NEURALGIA, ACHEs and PAINS



DOES NOT HARM THE HEART

ASPIRIN

Accept only "Aspirin" package which contains proven directions. Handy "Aspirin" boxes of 12 tablets. Also bottles of 24 and 100—All druggists. Made in Canada.

Classified Advertising

YARD. FROM MACHINE OR HAND-MADE. "Old Time" all colors. 12 lb. up. Sample free. Shipping & Van Mille. 1007 T. Ontario, Ont.

BLOOD TESTED "THOR-O-BRED" "Baby Chicks. Fifteen different varieties. 1 per chick books. 12 lb. up. Price list on request. Parkville Hatcheries, Orillia.

A-I BABY CHICKS—IN SIX VARIETIES. 10c and up. Catalogues free. A. H. Switzer, Granton, Ontario.

G OVERNORS TO CONVERT AUTO-GRADUATED TO LAND USE. Cheaper prices—Circulars. H. A. Crosby, 250 Clyde St., Hamilton, Ont.

A N OFFER TO EVERY INVENTOR. Information sent free. The Famous Canadian, World Patent Attorneys, 273 Bank St., Ottawa, Canada.

M ARRY, RELIABLE MATRIMONIAL. Address: 106 and up. Address: Friendship Magazine, Medina, New York.

R AISE RABBITS FOR MEAT and FUR in your back yard. We buy all you raise. Free literature. Canadian Fur Enterprises, Stratford, Ontario.

M AN WANTED IN YOUR COMMUNITY to take care of paints and provide you good commission. Must be a party owner. Whole or part time work. Send particulars about your self. Free literature. With two references, and we shall submit our plain proposition. All Canadian products. Sturgeons Limited, Toronto.

The Dairy Industry

Ottawa.—In a review of the dairy industry in Canada, Dr. J. A. Ruddick, Dominion Dairy Commissioner, said that since 1921 domestic consumption of dairy products in Canada had increased to the extent of 154,529,247 pounds of butter fat equivalent. This is made up of an increase of 72,707,694 pounds in butter; 12,657,919 pounds in cheese; 2,541,361,024 pounds in milk and 1,875,322 gallons in ice cream.

New to Him

Grey and Brown, two suburbanites, met on the early business train and fell into conversation to pass the time away.

"Do you think contentment is better than great wealth?" asked Brown, after they had exhausted the topic of the weather.

Grey shrugged his shoulders. "I really don't know," he said. "I've never tried either myself."