

RED ROSE TEA

"is good tea"

Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY T-6

NOTED MEN'S NAMES WRITTEN IN BRITISH SOLDIERS' ALBUM

The British Legion Album, just published, is a book of unique interest, says a London despatch. No such volume has ever been produced before, and the proceeds of the sale will be devoted to the benefit of British ex-service men of all ranks.

It contains a collection, which has never been paralleled, of autographs and passages written in their own hand by the most famous people of the day and by representative leaders in every department of human activity. Numerous illustrations, cartoons and caricatures, many of them in colors, add to the lure of the book.

There is a foreword by Field Marshal Earl Haig, of Bemersyde, reminding all that by "readiness to help living ex-service men, the depth and sincerity of our respect and gratitude toward the dead; toward fallen comrades of ours, who, dying, left homes and dear ones destitute; toward those gallant lads who fell on the threshold of life can best be manifested."

All the greatest admirals and generals, British and allied, who fought in the war, have contributed their signatures. Lord Ypres "affixed his autograph on the battlefield of the Marne in September, 1922, on the occasion of the celebration of the Marne victory."

At those same celebrations he obtained the autographs of M. Poincaré and General Maunoury, who opened the battle with the Sixth French army and began the great stroke at the German flank. Marshal Foch and Marshal Joffre sign in closely similar hands.

Among the quotations or original thoughts are the words of Prof. Gilbert Murray's touching appeal: "These are they which came out of great tribulation; surely they shall not hunger any more."

Lloyd George writes: "Never in any generation have so many young men faced the torments of mutilation and the terrors of death for their country's honor and for the redemption of mankind."

Before he died the venerable Frederick Harrison framed a last message to English men and women entreating them: "To help all service men to enjoy a fitting life at home."

Among the famous actresses is Miss Ellen Terry with her large, legible script. The Victorians make a deep impression. Thomas Hardy's signature is as firmly written as any young man's. In the page of Belgian names is that of Cardinal Mercier, who signs with his title in English, "Archbp. of Malines," and of M. Max, the honored burgo-master of Brussels.

Making a Game of Walking.

A man who was about to start on a ten-mile walk with one of his young sons first prepared some twenty white balls about the size of baseballs, made of excelsior wrapped in white paper, and numbered them consecutively in plain black figures. He also bought several small gifts, none worth more than fifteen cents, and numbered them in the same way.

Then before he began the walk he

rode over the route of it in a motor car and threw the balls out at different places, but all on one side of the road.

Before he started on the hike with his son, he told the boy that he had scattered the balls and that finding any of them would bring a reward. On reaching home the boy would be entitled to take the gifts that bore the same numbers as the balls he succeeded in finding. The boy succeeded in finding fifteen of the balls, and what otherwise might have been to him a somewhat tedious walk became so interesting that he reached the end almost before he realized it.

This game the man and his son named the Recover. They discovered afterwards that it is well adapted to amuse a group of boys if the members take turns in hunting for the balls. They also tried other similar games, one of which they called the Hide and Seek Hike. The leader takes a large-scale map of the surrounding territory and lays out a walk of as many miles as the group wish to take. He then places the numbered balls at different points and indicates their situation on the map. If he finds it hard exactly to indicate the situation on the map, he uses helpful symbols, such as R, for "close to road," T, "near a tree," or H, "directly in line with house." If a group is to make the hike, it is a good plan to have a designated ball for each member, so that, although all search for the balls, there is no scramble at any point.

A third game is the Progressive Hike. The leader lays out a course that includes several stations from one quarter to three quarters of a mile apart—stores or residences of acquaintances. On a preliminary trip the leader leaves at each station oral or written instructions where the hikers are next to proceed. As a rule the storekeepers or householders are quite willing to relay the instructions. It lends interest to have waiting at some stations presents like a bag of doughnuts or a box of cookies.

Experience has proved that such plans add enough zest to make hiking a real game, though otherwise it often has so little attraction that many boys and girls miss the physical benefits that it confers.

Vagabondia.

O I am done with golden shoes,
With satin, silk and shining gear.
What is this tinsel show to lose
An' I take a road far, far from here!

Thick on a road white dust will lie,
Rise in clouds to a barefoot gait.
A brown lark will be touching the sky
And I'll sleep at night where mountains wait.

O I am done with a cloak of red,—
Slow rain will cling to a russet shawl,
Wind will finger a brave, bold head,
And darkness will hide no fears at all!

—Liljan Middleton.

Ask for Minard's and take no other.

EASY TRICKS Which Card



This trick requires a little practice, but it is well worth it. Well presented, the trick is more mystifying than the description suggests. Show four cards to a spectator, asking him to fix his mind upon one of them. Do not display them too long—just long enough to enable him to see one of the cards plainly. Put two of the cards on the top of the pack and two of the cards on the bottom and put the pack behind your back.

Throw several cards on the table and ask him to tell you whether or not his card is among them. Do this several times until his answer is "Yes." You will then be able to name the card he selected.

The first handful of cards you throw on the table includes one of the two cards you put on the bottom of the pack. If his answer is "No" you will know that the selected card is one of the three other cards. The cards may be returned to the pack. The next handful of cards includes one of the other cards. If it is not the selected card, the next handful will, of course, contain it.

(Clip this out and paste it, with other of the series, in a scrapbook.)

THE CHEERFUL WOMAN

Is One Who Has the Rich, Red Blood of Good Health.

The fact that one woman is bright-eyed, rosy-cheeked, strong and cheerful, while another is pale, weak and depressed is due more often than otherwise to the condition of the blood. The way to remedy this depressed state is to build up the blood, and for this purpose there is no other tonic can equal Dr. Williams' Pink Pills. A case in point is that of Mrs. Melvin Abra, Graveley Street, Vancouver, B.C., who says:—"About two years ago I was a very sick woman. I seemed to be wasting away and getting thinner all the time. I grew so weak that the doctor sent me to the hospital, but the treatment there did not help me and I returned home. Then I tried a number of tonics with no better results. At this stage my mother came to me, and as she is a firm believer in Dr. Williams' Pink Pills, she started me on this medicine. I can only say that they did wonders for me. I began to get new health and strength after I had taken a few boxes, and day by day this improvement continued until I was again well and able to do all my housework, and I have not had a sick day since. I cannot recommend your pills too highly and urge those who are looking for health and happiness to give them a trial."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rest.

To get the most out of a vacation one should have a rest as well as a change of scene and recreation. Excessive physical fatigue whether from work or play is dangerous. Fatigue means a tired heart and weakened digestive organs, and it lowers resistance to infection of any sort. Many a vacation has been spoiled by unusual fatigue, with over eating, and many a vacationist returns home suffering from an infection which would never have occurred had his natural powers of resistance not been lowered by general bodily fatigue.

Begin new forms of work or play moderately. Moderation in physical exertion for the first few days of a vacation will make a great difference in the actual results of the vacation. It will also make a vacation far more beneficial in its results if the daily programme be arranged so as to provide a period of complete relaxation and rest, if not a nap, after the noonday meal or before the evening meal.

Payment for articles advertised in this column should be made with Dominion Express Money orders—A safe way of sending money by mail.

No man can be cheated out of an honorable career in life unless he cheats himself. Believe in yourself and your capabilities and you will not be cheated.

Madrid has the highest altitude of any city in Europe.

Keep Minard's Liniment in the house.

NURSE CHAPPELLE SAYS TANLAC BRINGS MOST GRATIFYING RESULTS

Nurse With 15 Years' Experience Urges Use of Tanlac — Tells of Her Mother's Experience With World's Famous Tonic.

"I have direct and personal knowledge of so many cases where TANLAC has restored health and strength and helped weak, run-down people to get on their feet that I know it to be an unusual medicine," is the emphatic manner in which Mrs. M. E. Chappelle, Blue Mount and Thomas Ave., Wauwatosa, Wis., a practical nurse of fifteen years' experience, pays tribute to the famous treatment.

"Time and again I have urged TANLAC'S use and it always brings the most gratifying results. My own mother, now eighty years old, took TANLAC five years ago, and it has been her standby ever since. Nothing helps her as TANLAC does and she is as strong an advocate of the medicine as I am. Only recently, mother became generally run-down. Her stomach was disordered, her appetite utterly failed her, and she came near having a nervous breakdown. TANLAC gave her a vigorous appetite, corrected all complaints and left her not only well and happy, but so strong and active that she looks after the



home and visits around, as well. And mother thinks the TANLAC Vegetable Pills are the greatest ever.

"In all my long years of experience as a nurse, I have never known the equal of TANLAC."

TANLAC is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take TANLAC Vegetable Pills.

Five Thousand Whales in One Season's Catch.

The Greenland whale fishery, so far as this country is concerned, is almost non-existent. The harpoon-gun was too deadly, and the "right" whale of the Arctic appeared likely to become as extinct as the dodo.

Then news was circulated that the ocean around the Falkland islands in the south Atlantic was "alive" with whales, and, just as gold-seekers rush off to any new field where gold is reported, so the whaling fleets all turned south. To-day the whale fishery around these islands is more profitable than all the other fisheries of the world put together.

No time is wasted returning to port with a "catch." Floating factories have been established where the blubber can be treated, and so valuable is this that the rest of the whale's carcass is often sent adrift, a waste of tons of valuable material.

During one year a score of whaling boats operating from South Georgia killed five thousand whales, the oil from which filled 200,000 barrels. Six barrels represent a ton, and as whale oil sells at from \$50 to \$125 per ton, the catch of this fleet was worth \$2,500,000.

League Protects Children.

The children of the world will henceforth be under the protection of the League of Nations. The International Bureau for the Promotion of Child Welfare has been working in Brussels under the auspices of thirty governments and of various national organizations, and with the consent of the members the Council of the League has authorized the concentration of all child-welfare activities in a special department of the League at Geneva.



INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe Accept only a Bayer package

which contains proven directions Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetacidester of Salicylicacid

To Gain Weight

Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Classified Advertisements

ONLY TEN DOLLARS. REMODEL your old style Ford with a De Luxe Streamline Hood. Write for circular. Burrows Mfg. Co., Toronto.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

STRAWBERRY PLANTS. STRAWBERRY PLANTS. Williams' Glen Mary and Dr. Burrell, \$6.00 per thousand, \$1.25 per hundred. Premier, Kellogg's Prize, Marvel and Parson's Beauty, \$1.50 per hundred. All prepaid. Fred W. Whitehall, Sub. 10, London, Ontario.



CHAPPED HANDS Minard's is excellent for chapped hands and all skin diseases.



EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.

CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.



Cuticura Cares For Your Skin And Hair

Make Cuticura Soap, Ointment and Talcum your every-day toilet preparations and watch your skin and hair improve. The Soap to cleanse, the Ointment to heal and the Talcum to powder.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2614, Montreal." Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.