

Be better nourished

prevents that sinking feeling

GREENMANTLE

BY JOHN BUCHAN.

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CHAPTER II.—(Cont'd.)

In about a fortnight, I calculated, I would be dead. Shot as a spy—a rotten sort of ending! At the moment I was quite safe, looking for a taxi in the middle of Whitehall, but the sweat broke on my forehead, I felt as if I had felt in my adventure before the war. But this was far worse, for it was more cold-blooded and premeditated, and I didn't seem to have even a sporting chance. I watched the figures in khaki passing on the pavement, and thought what a nice safe prospect they had compared to mine. Yes, even if next week they were in the Hohenzollern, or the Hairpin trench at the Quarries, or that ugly angle at Hooze, I wondered why I had not been happier that morning than before I got that infernal wire. Suddenly all the rivalries of English life seemed to me inexpressibly dear and terribly far away. I was very angry with Bullivant, till I remembered how fair he had been. My fate was my own choosing.

When I was hunting the Black Stone the interest of the problem had helped to keep me going. But now I could see no problem. My mind had nothing to work on but three words of gibberish on a sheet of paper and a mystery of which Sir Walter knew more than I. He had been convinced, but to which he couldn't give a name. It was like a story I had read of St. Theresa setting off at the age of ten with her small brother to convert the Moors. I sat huddled in the taxi with my chin on my breast, wishing that I had lost a leg at Loos and been comfortably tucked away for the rest of the war.

Sure enough I found my man in the Grill Room. There he was, feeling solemnly, with a napkin tucked under his chin. He was a big fellow with a fat, sallow, clean-shaven face. I disregarded the hovering waiter and patted up a chair beside the American at the little table. He turned on me a pair of full sleepy eyes, like a ruminating ox.

"Mr. Blenkirton?" I asked.

"You have my name, sir," he said.

"Mr. John Scanlebury Blenkirton. I would wish you good morning if I saw anything good in this damned British weather."

"I come from Sir Walter Bullivant," I said, speaking low.

"So?" said he. "Sir Walter is a very good friend of mine. Please to meet you, Mr.—or I guess it's Colonel—"

"Hannay," I said. "Major Hannay." I was wondering what this sleepy Yankee could do to help me.

"Allow me to offer you lunch, Major. Here, waiter, bring the carte. I regret that I cannot join you in sampling the efforts of the management of this hotel. I suffer, sir, from dyspepsia—dyspepsia, dyspepsia. It gets me two hours after a meal and gives me hell just below the breastbone. So I am obliged to adopt a diet. My nourishment is fish, sir, and boiled milk and a little dry toast. It's a melancholy descent from the days when I could do justice to a lunch at Sherry's and sup oyster-crabs and

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Even if cross, feverish, bilious, constipated or full of cold, children love the "fruity" taste of "California Fig Syrup." A teaspoonful never fails to clean the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the souring food and nasty bits out of the stomach and bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children on good price on bottle. Mother! You may say "California" or you may get an imitation fig syrup.

Woman's Sphere

A Candlelight Party.

A charming and novel compliment to a bride is a candlelight party. The soft light of candles heightens the attractiveness of any room and for the party should be the only light, except perhaps the glow from an open fire.

A race with lighted candles makes a lively beginning and will afford much fun if, after it is over, the contestants are informed that it is the one whose candle first went out that is to be the next bride, and not she whose candle kept alight longest.

When that is over the guests gather in a circle and with a lighted candle in the centre of the group, and each one in turn contributes a part of a continued story that relates to imaginary scenes and incidents in the future married life of the bride.

By the previous agreement the guests bring candles for the different rooms in the bride's new home,—the more artistic and unusual they are the better,—and each set or candle should be accompanied by cards bearing original verses.

If there is a clever story-teller or a good singer among the guests, let her entertain the company with "candlelight stories" or the old songs that are forever new and that leave lasting memories in the minds of those who hear them in the light of the candles.

For refreshments serve candle salad and salted wafers. A slice of pineapple with a ring of green pepper for a handle forms the candlestick. The candle is half a banana topped by a ring to represent the flame or a clove for an unlighted wick. A leaf of lettuce and a spoonful of dressing complete the salad. Small cakes topped with lighted candles can be added if more substantial refreshments are desired.

Beauty of Gray Hair.

An eminent physician is said to have remarked that the only sensible thing to do for gray hair is to admire it. Gray hair is, as a rule, vastly becoming, softening the lines of the face. Nature is cunning and changes the color of the hair with the age of the individual in order to suit the changes in the skin.

The whitening of the hair may be premature, due to some temporary cause, as anxiety or poor health, a process which may cease on the removal of the cause. The change in color is usually permanent and is caused by obscure changes in the nutrition of the hair papilla which interfere with the production of pigment (coloring matter). Prolonged residence in either a very hot or very cold climate will also cause the hair to turn gray.

The hair usually whitens first at the temples, then on top of the head, and gets white with you as you get on, and as the roots are embedded in the hair follicles they can not be reached by fluids applied to the scalp. As hair grows from the root and not at the ends, it will be understood that in a very short time after the application of a so-called "restorer" the hair will show its natural color near the scalp, while the rest of its length will have the artificial color. There is always danger in using hair dyes because so many of them contain lead, and serious cases of lead poisoning have resulted from their use.

Silvery gray hair is much admired, and red hair sometimes turns to pale yellow shade which is also attractive.

Children Describe Value of Milk.

No one knows the influence to come from teaching school children the value of drinking milk. The good to be accomplished is inestimable.

Here are some testimonials written by children themselves, showing in a variety of ways, how the dairy diet is building strong bodies and minds for our boys and girls. The reading of them will make you laugh and, possibly, cry. Robert Glen Harvey, a real school-boy, gives us this straight-from-the-shoulder message:

"When you drink milk you grow strong and fat. It is better to drink milk because it makes you strong, but when you eat candy you get a tooth-ache. If you drink milk you will be a good boxer. So if any boy comes along and gets you with you, and you get a fight you can give him a wallop in the nose. Then you can say to him, 'I drank milk and you didn't, so I got the best of you.'"

"When you drink milk and the school nurse comes along for you to get weighed, you will be sure to weigh enough. Before milk came around to the schools the children used to grow very hungry at recess time. Before milk came the children used to sit still and look very weak. But now they make a man's rush for the milk. Milk will give you good health and strength. When you drink milk, you grow big and tall. It is not good to be a little boy because all the big boys will be the size of Mount Everest, but if you run out to meet it, it will be a little boy you can jump over. The grizzly looks very fierce when you're taking your ticket for the Rockies and wondering if you'll come back, but he's just an ordinary bear when you've got the sight of your rifle on him. I won't think about risks till I'm up to my neck in them and don't see the road out."

I scribbled my address on a piece of paper and handed it to the stout philosopher. "Come to dinner to-night at eight," I said.

"I thank you, Major. A little fish, please, plain-boiled, and some hot milk. You will forgive me if I borrow your couch after the meal and spend the evening on my back. That is the device of my noo doctor."

I got a taxi and drove to my club. On the way I opened the envelope Sir Walter had given me. It contained a number of jottings, the dossier of Mr. Blenkirton. He had done wonders for the Allies in the States. He had nosed out the Dumbie plot, and had been instrumental in getting the portfolio of Dr. Albert Von Papen's spies have tried to murder him, after he had defeated an attempt to blow up one of the big gun factories. Sir Walter had written at the end: "The best man we ever had. Better than Scudder. He would go through hell with a box of bismuth tablets and a pack of Patience cards."

I went into the little back smoking-room, borrowed an atlas from the library, poked up the fire, and sat down to think. Mr. Blenkirton had given me the fillip I needed. My mind was beginning to work now, and was running wide over the whole business. Not that I hoped to find anything by my cogitations. It wasn't thinking in an armchair that would solve the mystery. But I was getting a sort of grip on a plan of operations. And to my relief I had stopped thinking about the risks. Blenkirton had shamed me out of that. A salutary dyspeptic could show that kind of nerve, I wasn't going to be flinched him.

I went back to my bed about five o'clock. My man Paddock had gone to the wars long ago, so I had shifted to one of the new beds in Park Lane where they serve food and service.

Yellowish tinges which are not admired may be caused by jaundice, or by perspiration, or the too frequent use of hot curling-irons (injurious to hair of any color) or darkly colored hair tonics. As gray hair soils easily, persons possessing it should wear dust-caps while about their household tasks, and closely fitting hats and veils when driving. Gray hair should be washed at least every two weeks, in soft water or rain-water, and rinsed with great care. If the hair is entirely white, it will look better if a little bluing is added to the last rinse water. Use just enough to give the water a slightly bluish tinge; more than this would give the hair an unnatural tint.

In answer to many letters concerning gray hair, I might add that nothing can be done to hasten the change of color so that it will become more uniform. Nature follows her own course and takes her own time. A change of color might be prevented or arrested by freedom from care and worry, good health or change of climate. There is a possibility that foods rich in iron, such as spinach and raisins, might also benefit.

His Ambition.

Dick's parents are well-meaning, but a trifle too strict, believing that "to spare the rod is to spoil the child."

When Dick was asked by a friend of the family what he would like to be when he grew up, he replied readily, "An orphan."

Minard's Liniment for Corns and Warts

Which Made a Difference.

Wife—"I don't see why you never use me for a model. My first husband always did."

Artist—"Yes, my dear, but your first husband was an illustrator of comic papers."

Rubber in Tires.

According to an English authority, more than two-thirds of the rubber produced in the world is being manufactured into tires of various kinds.

Spider's Thread.

A spider's thread is really composed of four smaller threads, each of which consists of 1,000 separate tiny threads, so that the thread we see is spun of 4,000 films.

The only monument to Adam, the first man, is to be found at Baltimore, U.S.A., where it has been standing for thirteen years.

The most suitable sheet brass for making brass instruments comes from France.

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May (looking at Jones' newly-painted barn)—"I understand that Jones put most of the paint on himself."

Day—"He did. Then he hired Eben Gray to put what was left on the barn."

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LABRADOR GOLD STRIKE REPORTED

Yet another region of the north land which is probably going to have a gold rush in the spring is the Newfoundland-Labrador coast. Strikes were reported in the summer of 1922 in the Stag Bay section of this area, and were followed by extensive staking on the part of prospectors, in which, in a few brief weeks, more than seven hundred claims were filed, some of them comprising as much as 320 acres, and accounting for an aggregate of about 350 square miles. Nothing has, of course, been done in the winter months owing to the severe climatic conditions which prevail in that area, but it is anticipated that, with the opening of spring, North Sydney, in Nova Scotia, will be the outfitting point for numerous expeditions which are being projected, some of the prospectors being from as far distant points as South Africa and Alaska.

During the past three years considerable interest has been centered in Labrador mineral resources. Stories of strikes have been frequent, but no ground was actually staked and no development of any kind resulted. Reliable prospectors were, however, working over the country and secured a considerable amount of valuable data. In the summer of 1922, Stanley May of Montreal and Captain Jeffrey of Hallowbury, two reliable mining authorities, returned from an expedition to the Labrador coast and took out a number of claims on Hag Brook. In a short time the Mines Office at St. Johns was crowded with applications, and in a few days claims covering an area of 350 square miles taken out.

Newfoundland's Mining Laws.

The disadvantages encountered by the prospector and developer in the Labrador is the brief season in which he can work. There are practically only two seasons, winter and summer, summer beginning early in June and the ice forming again in September. Navigation by steamer to points on the coast is uncertain after the middle of November. During summer the climate is temperate, and although there is considerable rainfall no discomfort need be experienced by the prospector who goes in well prepared.

The mining laws are similar to those of Newfoundland, by which the coastal part of Labrador is owned. No license is necessary for prospectors. Any person making a discovery may obtain a license for a period of one year by submitting proof of such discovery and the payment of a fee of ten dollars. The area of such license may not exceed half a mile. As many adjoining areas, not exceeding ten, as the applicant wishes may be taken out on the payment of ten dollars each, without the necessity of staking or submitting additional proof of discovery.

Whilst the peculiar climatic conditions have, since the summer, precluded the possibility of giving material and tangible proof of the strike in Stag Bay, the belief has long existed in the valuable mineral deposits of the Labrador, together with unsubstantiated reports of discoveries and the authentic information gathered on the area by reliable prospectors, lends support to the probability of the existence of paying gold in the section. It is difficult country in many respects, and the most promising ground is already covered. Whatever the outcome may be there would seem to be no doubt as to a rush of some proportions taking place to that area in the spring. The coming summer should show the justification or otherwise.

The Cork Harvest.

Forests of cork-trees are to be found in many parts of Southern Europe, and also in Asia and Africa; but it is from Spain that the best quality commercial cork comes.

The cork-tree resembles an oak, and, in fact, is often referred to as the "cork oak." When the tree reaches the age of about eight or nine years, the outer bark peels off, leaving the more valuable inner bark exposed. This first bark is thick and porous for commercial use, although it is sometimes used for making floats for fishing-boats. Every eight or ten years the outer layer of bark is stripped off, and the cork-giving bark underneath is ready for cutting.

The useless outer bark is known as the "male" bark. The inner bark, known as the "female" or "mother" bark, is collected and placed in boiling water. When the impurities are removed the cork is "seraped" and then pressed out flat. It is now ready for export.

In the factories where bottle-corks are made, special machines are used which cut the cork into the size desired. The cork refuse and old pieces left over from this cutting process are not thrown away, but are carefully ground down with nitric sulphur to make floorcloth. The average yield of a cork-tree is about forty-five pounds each "harvest," that is to say, every eight or ten years. In parts of Africa where there are cork-trees, the natives frequently use the rough cork for roofing their huts. They find it has the double advantage of being both light and waterproof.

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Fore-Warned.

Wife—"John, the cook's away, and to night I'm going to give you a dinner cooked entirely by myself."

Hubby—"Fine, my dear! You don't mind if I invite my old friend, Dr. Smith?"

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