ORANGE PEKOE BLEND

"Fresh from the Gardens"

Air Routes Must Be Held

Declares Toronto Daily Decries Present Nationalistic Tendencies

"Freedom of the air," advocated by Balanced Diets Great Britain and France just after the war, seems to be becoming little more than empty phrase," laments the Toronto Mail and Empire in this editorial:

"Aviation, unmindful of the lesson to be drawn from sea experience, is turning more and more toward nationalism. Closing of national areas already has thrust serious difficulty t day is three inches tailer than the in the way of the development of average back in 1893, dieticians mest-British air highways, notably on the ing in conjunction with the American India route. Conditions imposed by College of Surgeons, were told by Persia have made necessary impor- Dr. Charles F. Read of Elgin, Ill. tant changes in organization. Italy, arrangements for the carrying of the better knowledge of balanced diets sir mails to Cairo.

aid down obstructive regulations, and to prevent nervous disorders. continue to operate across India.

matter of little nationalistic bargain- the parents. ing, it is manifest that close attention must be given to the "blazing of chief cause of all nervous troubles, trails"-especially those of the im- and it must be avoided. Take your portant Atlantic passage.

Haven, Maine, on July 10, the "Lone nerves." Eagle" and his wife proceeded, by The "worrying doctor" found supand. Thence the flight carried dent of the college, said: them to Scandinavian points, and on The day when the doctor loses the Lindbergh has visited her invalid science will begin to lose ground."

bilities of the Greenland route-one disease. of the two northern air lines deemed most favorable. A report being prepared by Colonel Lindbergh undoubtedly will convey important data reed and the facilities they offer in the development of air routes and air-

which was the scene of a conference attended by British, United States and Canadian representatives, may become the key-point of the route.

Under license from the Danis Government, Pan-American Airway holds exclusive rights to carry commercial service across Green

As the London Times has pointe out, "the example set by the granting of exclusive rights to certain con panies at other ports on the Atlant routes is presumably one which Newfoundland, and therefore the Britis Empire, will be unable to ignore." It is clear that the safeguarding of

energy and foresight on the part of the best Empire experts. The future of Newfoundland, as a strategic point presents an especially interesting Glamis Castle Rich in problem. Whether or not development there will take the form of an oceanic airport in which several nations will be interested presentsquestion demanding an early

membered, was chosen by General moment for his return trip to Italy Azores; but Britain here also posportance in Bermuda. If bargaining for the right to fly over the Atlantic becomes necessary, it is certain that the reservation of rights on British island would become an portant factor in the situation. Hapbily, however, a joint arrangement arrived at by Britain, France an the United States regarding the Bermuda-Azores route promises to work

out satisfactorily. Fresh evidence of the importance of relationship to the future development of Russia's Arctic coastline. Since large-scale mining development in Siberia has been predicted, as well as

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the rise of diversified industry in of long-distance air transportation press increasingly for solution.

There must be no lagging by Empire countries in the safeguarding and developing of key-points on the world's chief lanes of air travel."

Prevent "Nerves'

Interesting Remarks About Dietitics By Doctors at Chicago Convention

Chicago. - The average woman of

Dr. Read, who is superintendent too, has interposed obstacles, which the Elgin State Hospital, said he at have resulted in the revising of the a buted the growth in women to a and a subsequent lessening of nervous Up to the present, Britain has not ailments. Balanced diets, he said, act Emily.

Italy retains permission to use ports It is bad business, the surgeons of call in several parts of the Em- were informed by Dr. Alfred W. Adpire, while French and Dutch lines son of the Mayo Foundation of Rochester, Minn., to correct children at With the possibility that the devel- meal time, because it destroys their oping of air routes will become, in digestion, and acts upon their nervsome parts of the world, at least, a jous systems. It has a like effect upon

"Fear," the doctor said, "is time about everything, eat plenty of The exploratory flight of Mr. and good food, get the proper amount of Mrs. Charles A. Lindbergh is signifi- sleep, have a bit of recreation each ant in many respects. Leaving North day, and you won't be bothered with

way of Halifax, and St. John's, New- port among the surgeons. Dr. J. foundland, to Labrador and Green- Bentley Squier of New York, presi-

to the Gulf of Finland. Visiting Mos- human touch and his patients become cow, the fliers, on their return trip, just so many numbers to him in a have reached England, where Mrs. hospital, is the day when medical Childbirth, said Dr. C. Jeff Miller

On the departure of the Lindberghs, of New Orleans, is no longer a naturunofficial statements indicated that al process, and should be supervised their purpose was to study the possi- by a physician as closely as a serious

The Song of the Auto

My auto, 'tis of thee, short cut to lating to the northern lands he visit- poverty-of thee I chant. I blew a will be if Robert is able to walk pile of dough on you two years ago, again." Her face was glowing. and now you quite refuse to go, or Emily was tired. She had had countryside you were my joy and the was worn out by suppressed emodifficult of the Empire pride; a happy day. I loved thy tion. The room kept going away and routes. Service over it is expected to gaudy hue, thy nice white tires, so coming back again. develop by stages, and Newfoundland, new, but now you're down and out for "Aren't you feeling well, dear?" true, in every way. To thee, old ratknocks; for thee I grieve. Badly thy humiliation, burst into tears. top is torn, frayed are thy seats and Mrs. Gardner did not attempt worn; the whooping cough affects console her; she just sat silently unti thy horn, I do believe. Thy perfume Emily's tears should subside. swells the breeze, while good folks choke and wheeze, as we pass by. I be done about it," she murmured. paid for thee a price, 'twould buy a mansion twice; now everybody's velling "ice"—I wonder why. Thy mo- derby did not relax his efforts. H tor has the grippe, thy spark plug has went out for a stroll, his intention be the pip, and woe is thine. I, too, have ing to cultivate the acquaintance of suffered chills, ague and kindred ills, Miss Percehouse's nephew more closeendeavoring to pay my bills since thou ly. By a stroke of good fortune he wert mine. Gone is my bank roll now; ran into that young man just as he no more 'twould choke the cow, as was emerging disconsolately from th British flying interests will call for once before. Yet, if I had the mon, gates of Sittaford House. so help me John amen, I'd buy a car again, and speed some more.

Associations and Legends Glamis Castle, immortalized in Shakespeare's "MacBeth," is one of all good faith. "It must be a very the most interesting places in Scot- interesting job-yours," he said. land. It was the girlhood home

the Duchess of York.

mostly from the seventeenth century, should imagine." but the walls of the tower, 15 feet thick, were built when MacBeth was the Willetts moved in," said Ronnie Thane of Cawdor. Shakespeare took "It's been a godsend to me, their be a dramatic liberty when he had Mac- ing here, I can tell you." Beth murder Duncan within these walls, but nevertheless Glamis is rich

On the authority of Sir Walter Scott, we are told that the castle con tains "a secret chamber, the entrance to which, by the law or the custom of the family, must only be known to you doing any sleuthing? If so, can three persons at once, namely, the Earl, his heir apparent and any third person they may take into their con-

Weird stories have been told of some ghastly creature being imprisoned in the secret chamber for centuries, but the mystery has never rel. Looks as if he had had a pre- "Don't let me keep you, Mrs. Curtis." been cleared up to appease the curi- monition though," . Ronnie's face He hardly dared breathe for fear he osity of the public.

bark of a tree; canine is the bark of passes the buck, as it were, to the



James Pearson had come to Exhampton they cut up nasty, just push 'em out.' China and Manchuria, the problems talked to Violet Willett she heard Mrs. Aunt Jennifer.

CHAPFER XX.

When Jennifer Gardner returned she had taken off her hat. Emily admired the smooth sweep of the hair back from her forehead.

shall quite understand." * "It isn't much good talking about

Gardner, "that they will find the real murderer quickly. Just press the bell, other was Miss Emily Trefusis and will you, Emily? I'll send the nurse's her cousin. Indeed, at a certain motea up to her. I don't want her chattering down here. How I hate hos-"Is she a good one?"

"I suppose she is. Robert says she is, anyway. I dislike her intensely and always have. But Robert says she's far and away the best nurse we've had."

"She's rather good looking," said

Emily watched her aunt's long white fingers as the touched the milk

jug and sugar tongs. Beatrice came, took the cup of tea and a plate of eatables and left the

"Robert has been very upset over all this," said Mr. Gardner. "He works himself into such curious states. I suppose it's all part of his illness

"He didn't know Captain Trevelyan

Jennifer Gardner shook her head "He neither knew him nor cared about him. To be honest, I, myself can't pretend any great sorrow over his death. He was a cruel, grasping man, Emily. He knew the struggle we have had. The poverty! He knew that a loan of money at the right time might have given Robert special treatment that would have made all the difference. Well, retribution has overtaken him."

"What a strange woman she

thought Emily. "It may still not be too late," said Mrs. Gardner. "I wrote to the lawyers at Exhampton today, to ask them if I could have a certain sum of money in advance. Emily-how wonderful it

won't, or cart. Through town and long day, little or nothing to eat, and police inspector yesterday."

"It's all right," gasped Emily, and tle box, came many bumps and to her own surprise, annoyance and

"Poor child. I wish something cou

Left to his own devices Charles En-

"Hello," said Charles. "I say, isn' that Captain Trevelyan's house?" "That's right," said Ronnie.

"I was hoping to get a snapshot it for my paper, you know. But this weather is hopeless for photography. Ronnie accepted this statement in

"A dog's life," said Charles. He looked over his shoulder at Sittaford The castle, as seen nowadays, dates House. "Rather a gloomy place "No end of a difference there sinc

"Can't be a very jolly spot as

rule, I suppose," said Charles. "Jolly? If I lived here a fortnight I should pass out altogether. How my aunt manages to cling on to life in the way she does beats me. I say, are

"Any clues in Sittaford House?" him roped in before you can say knife. inquired Charles casually. "I mean Never have I seen a young gentleman did Captain Trevelyan leave any of hir things there?"

"I- don't think so. My aunt was saying he moved lock, stock and bar- "Well well" said Major Burnaby. brightened. "Look here, what about might distract her from her purpose. Quinine says the schoolboy, is the they're coming, so he clears out and With a sight of relief the m

"The Willetts were a bit of a mir-Capt. Trevelyan rents his house in acle by themselves," said Charles. Sittaford to Mrs. Willett and takes a "Yes, I can't make it out. Fancy friend Major Burnaby and three neigh-bors play at table tipping with Mrs. Wil-lett and her daughter Violet, a "spirit" planting yourself down here in the ccuntry like this. Violet doesn't seem message is received that Trevelyan has to mind. I don't know what's the matbeen murdered. Burnaby finds his friend ter with her today. I suppose it's the four relatives, his sister, Mrs. Jennster domestic trouble. I can't think why women worry so about servants.

isn't it?" said Charles. "Yes, I know. But they are in a great stew about it all. Mother lying Willett mutter, "Will night never come? great stew about it all. Mother lying I can't bear it." Emily next meets Jim's down with screaming hysterics, and daughter snapping like a turtle.

"That's just what they have done,

Fairly pushed me out just now." Charles sent telegrams, and bought a packet of cigarettes. He then returned to the cottage, threw himself on his bed, and slept peacefully, blissfully unaware that he and his affairs "Do you want to talk about things, particularly Miss Emily Trefusis, Emily, or don't you? If you don't I were being discussed in various places all around him.

> There were only three main topics of conversation at present in Sittaford. One was the murder, one was the escape of the convict, and the ment, four separate conversations were going on with her as their main

> Conversation No 1, was between Violet Willett and her mother. "It was Mrs. Curtis who told me. said Violet.

"It's almost a disease the way that woman talks," said her mother.

"I know. It seems the girl is actually stopping there with a cousin or something. I thought that that was simply because Miss Percehouse hadn't room for her. . And now it seems that she'd never even seen Miss Percehouse till this morning!"

"I dislike that Percehouse woman," said Mrs. Willett. "That kind of woman is dangerous. They live for what they can find out about other people. Sending that girl along here for a recipe for coffee cake! I'd like to have sent her a poisoned cake. That 000 persons at the Burford Fair has would have stopped her interfering led the Woodstock Sentinel-Review to for good and all!

ized-" began Violet. But her mother the community. Motor transportanterrupted her. "How could you, my dear? And the extension of the sphere of influanyway, what harm is done?"

"I don't suppose she had anything Cattle, horses and other live stock definite in mind. She was just spying were brought from as far as the viout the land. Is Mrs. Curtis sure cinity of London and Toronto to Burabout her being engaged to Jim ford to compete with the local pro-

"The girl told Mr. Rycroft so, I made keener. It is said that some of

"Well, then the whole things' natur- high a rank at Burford as at the al enough. She's just looking about Western Fair in London. aimlessly for something that might

Violet. "She isn't aimless." "I wish I had seen her," said Mrs. ject of these fairs is to provide com-Willett. "But my nerves were all to petition and encouragement for the pieces this morning. Reaction, I suppose, after that interview with the that motor transportation is available

only I hadn't been such an utter fool fairs shows that the smaller ones -to go and faint. And there were have their places as well as the larger you, perfectly calm and collected-not exhibitions at Toronto and London. turning a hair."

"I'm in pretty good training," said Mrs. Willett in a hard, dry voice. "If worthy of the greatest support and you'd been through what I've been commendation. through-but there, I hope you never will, my child. I trust and believe that you've got a happy, peaceful life the splendid success achieved this ahead of you."

Violet shook her head.

"I'm afraid-I'm afraid-" "Nonsense-and as for saying you gave the show away by faintingnothing of the kind. Don't worry." "But that inspector-he's bound to

"That it was the mention of Jim Pearson made you faint? Yes-he'll think that all right. He's no fool. But what if he does? He'll suspect a connection-and he'll look for it-and he won't find it."

"You think not?"

"Of course not! How can he? Trust me, Violet dear. In a way, perhaps, that faint of yours was a lucky happening. We'll think so, anyway."

Conversation No. 2 was in Major Burnaby's cottage. It was a somewhat one-sided one, the brunt of it being borne by Mrs. Curtis, who had been poised for departures for the last half hour, having dropped in to collect Major Burnaby's laundry.

"Like my Great Aunt Sarah Belinda, that's what I said to Curtis this morning," said Mrs. Curtis. "A deep one-and one that can twist all the men round her little finger. Engaged to one young man and carrying on with enother. That's my Great Aunt Sarah's Belinda all over. And not for the fun of it mark you. It's not just flightiness she's a deep one. And now young Mr. Garfield-she'll have look more like a sheep than he did this morning-and that's a sure sign." She paused for breath.

With a sight of relief the major drew forth a pipe and began to peruse a prospectus of a certain mine which



CHEWING

whether it's a tractor or chewing tobacco you're buying. Ask for Club and get the extra satisfaction this famous plug always gives.

YOU MIGHT AS WELL CHEW THE BEST

was couched in terms so blatantly opti- exhibits were of a remarkably high mistic that it would have aroused sus- order, and they showed what can be enough temperature simply means picion in any heart but that of a done even under unfavorable circum- making conditions so unfavorable that widow or a retired soldier.

(To be continued.)

The Fall Fair

omment on the significance of these "I suppose I ought to have real- local exhibitions and their value to tion has undoubtedly contributed to and winter months. ence of the fall fairs. Exhibits are "Why do you think she came here?" brought from considerable distances.

> ducts. Thus the competition was the stock shown was not placed Perhaps it is better that local producers should be subjected to outside

"You didn't see her, mother," said competition as it is likely to improve the quality of the exhibits. The ob farmers within reach of them. Now the range of the fair is extended. The "You were wonderful, mother. If success attending some of the local Anything that is calculated to promote excellency in agriculture

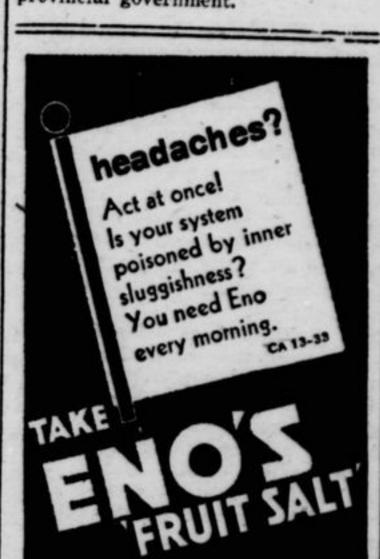
> The directors of the Burford fair deserve hearty congratulations of year. Notwithstanding the disadvantages of the prolonged dry spell, the

"Twelve per cent.," murmured Ma- achieved a notable place among the able to grow. This limit is reached jor Burnaby. "That sounds pretty fall fairs of Western Ontario be- at about 450 F., hence the efficient Expositor.

Egypt, New Market

Saint John, N.B .- A new market for New Brunswick apples has been opened up in Egypt, and the first riculture, Ottawa. shipment has just left this port for Alexandria. Shippers expect larger consignments to follow during the fail

Canadian apples, grown chiefly in In the Gothemburg historic museum British Columbia, have found a mar- can be seen the oldest sailing ship ket in Egypt for years, but it was ever found in Scandinavia. It is callnot until recently that New Bruns- ed the "Galtabeck Ship," and was wick exporters became alive to the found about five years ago by a possibilities of this trade. The first farmer while digging a ditch at Galprovincial government.



shipment is being sponsored by the tabeck, near the town of Varberg on

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integrate, in the amazing space of two seconds after touching And hence to start "taking hold" The illustration of the glass, here y you swallow it. And thus is ready

WHY ASPIRIN WORKS SO FAST Drop an Aspirin water. Note that BE-FORE it touches bottom, it has started to What it does in this you get ASPIRIN'S quick relief, be sure the name Bayer in the form of a cross is on every tablet of Aspirin. Does Not Harm the Heart

Why Milk Cooling Is Necessary

Nutritional authorities have proclaimed milk to be "the most nearly perfect food" for human beings. It is likewise an ideal food for numerous species of bacteria which, harmless in themselves, are able to grow in and spoil the flavor of the milk. While care and cleanliness in milking and subsequent handling wil keep down the number of bacteria in the milk to a minimum, there wil always be a small number present as it leaves the udder. If the number always remained the same as when the milk is first drawn into the pail there would be little need to worry over spoilage. But unfortunately for the dairyman, bacteria are able to multiply at an enormous rate. Under favorable conditions some species are able to double their number every half hour, so that one bacterial ce. at the start would increase to 1,024 cells at the end of ten hours! When we remember that the milk delivered to the city housewife is generally at least thirty-six hours old, the importance of preventing bacterial growth is obvious.

To check the growth of bacteria, milk must be cooled promptly to a suitable temperature. Promptness of cooling is of value in conserving the so-called "germicidal property" of the milk, as experiments conducted by the Division of Bacteriology, Central Experimental Farm, have demonstrated. This simply means that where milk is cooled without delay, and held at a temperature high enough for moderate growth of bacteria to take place, the rate of growth will be much slower than if cooling had been delayed. Cooling to a low stances. The Burford fair has the milk-souring bacteria will be uncause of its real merits .- Brantford dairyman strives to cool the milk to below this temperature and to keep it there at all times. Details of im proved methods for the cooling milk, construction of insulated cool ing tanks, etc., are given in Bulle, in For Maritime Apples No. 165, "Cooling Milk on the Farm," which may be obtained from the Publications Branch, Department of Ag-

Age of Viking Ship Set As 400 A.D.

the west coast, south of Gothemburg. It was carefully dug out and a considerable part of it was preserved so as to allow a complete reconstruction which was carried out by experts with infinite care. The ship is about fifteen yards long, clinker built of oak boards joined with oak hails and beautifully shaped. It is regarded as having been a most seaworthy vessel with considerable loading capacity and carrying a mast with a square sail, with assistance from oars as well. By means of a careful analysis c: the surface of the hull and of the surrounding geological conditions the ge of the ship nas been fixed at about 400 A.D. This shows that the art of navigation is several centuries older in Scandinavia than archaeoloigsts have hitherto been able to deduce, and the shi also reveals a very advanced skill in shipbuilding at that remote period. After having rested in the earth for more than 1500 years, the Galtabeck ship is now given a place of honor in the museum

Chileans Use Nitrate To Aid Wheat Crop

Santiago, Chile,-Chileans at last have begun to practice what they preached-greater use of nitrate for fertilizer-and as a result this year obtained a bumper crop of wheat. Chilean nitrate thus has saved the country from footing a heavy gold bill for wheat imports.

Although Chile for half a century practically existed on her sales of nitrate to the United States and Europe, exporting as much as 3,000,-000 tons yearly her farmers rarely used it. This year 17,000 tons of ni trate were used by Chilean farmers compared with 4391 last year. The Caja de Credito Agrario (Agrarian Credit Bank) arranged for wholesale purchases and resold the nitrate to the farmers on easy terms. The state railways, co-operated with ordering facilities and storage space at each station

Barometro Economico, a publication of the State Statistical Bureau estimates that the crop would have been even larger, because of the fourfold increase in nitrate use, but for the exhaustion of the soil during the two previous years, when so little of the fertilizer was used

About Eggs

Eggs for market should neve. be exposed to direct sunligh, rain, or t extreme heat. It is a go-1 plan to keep the eggs covered with a cloth or other means to prevent fading or evaporation. In marketing, or at any other time, eggs should ot be placed near kerosene, onions, is: or other strong nelling substances, because the eggs readily absorb odours.

Stezm Puddings G

owing recipes are to your kitchen files.

Marmalade | round the pudding.

Black Currant J with a heaped teasp

Two cups flour, 4

ne and one-half ho

culd, cover and st