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HIGHEST **AWARDS** EUROPE AND **AMERICA** 

A medical writer says -" The use of a thoroughly reliable preparation of cocpa should be universally encouraged, and it is the consensus of opinion among medical men as well as laboratory workers that the breakfast cocoa manufactured by Walter Baker & Co. Ltd., not only meets the indications, but accomplishes even more than is claimed for it."

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One of the first danger signals that anthere is only a fluttering sensation, or an "all gone" sinking feeling; or again, there may be a most violent beating, with flushings of the skin and visable pulsations of cases the action of Milburn's Heart and Nerve Pills in quieting the heart, restoring its normal beat and imparting tone to the nerve centres, is, beyond all question, marvellous. They give such prompt relief and ficree curses, alike unavailing that no one need suffer.

writes:-"I was troubled with palpitation | the deadly fire into a red and writh of the heart and tried doctor's medicines. but they only gave me temporary relief. I heard of your Heart and Nerve Pills and bought two boxes and before I had used them I was completely cured and would recommend them to all similarly affected."

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#### NERVOUS DEBILITY - Neurasthenia

Dr. Constantine O'Gorman,

District Medical Officer, Depot Harbor, Ont. " I find " Wilson's Invalids' Port " as excellent as stated and endorse the many testimonials you have received concerning its

#### WILSON'S **Invalids' Port**

(à la Quina du Pérou) is readily assimilated by blood, nerve

and tissue nutrients, exerting a steady and sustained tonic effect which is strikingly evident use. No re-action ever follows, as is



use of rapid stimu-It is specially indicated in nervous debility, sexual weakness, anæmia, chlorosis, etc. As many inferior products are marketed as "Invalid Port" see that "Wilson's" is

often seen after the

Ask YOUR Doctor. BIG BOTTLE sold at all Pharmacies Everywhere.

You cannot possibly have a better Cocoa than

food. Fragrant, nutritious and

economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

Sald by Grocers and Storekeepers in 1-lb. and 1-lb Tins.

lows who stayed at home.

A strenuous season makes a society Mamelukes, they are in a more or less joying because they used this famous expression, its desolate surroundings. A man would rather lose \$25 at the

## TRIP AROUND THE WORLD

# A Racy Letter to Be Published Weekly by the mains and being also the nearest to power and glory and in turn been lost.

BY SIGEL ROUSH

A Visit To El Azhar.

The Pyramids Of Egypt.

Nourishing Blood

Means Strength

You Are Pale and Weak Because

She Was Pale And Listless.

Your Blood is Thin and Weak.

the fortress that the massacre of the striking are the light effects produced as trees, houses or hillocks nearby the latter is the Arabian steed of the foul blot but for which the name of and domes of some of them. Mehemet Ali would have gone down in history as one of Egypt's most enlightened and humane rulers. In as well. The Mamelukes were treach- mary proceeding from Muhammadans cribed by Warburton:

requested to parade in the court

death, they met it as became their partially explain fanaticism of the dimensions of Cheops fearless character-some with arms followers of Islam, for this so-called crossed upon their mailed bosoms, and education must produce the narrowest turbaned heads devotedly bowed in of minds and the most warped reasprayer; some with flashing swords oning powers. against their dastard and ruthless foe. All that chivalrous and splendid Mr. Sylvester Smith, Hampton, N.B., throng save one sank rapidly beneath ing mass-that one was Emin Bey. He spurred his charger over a heap of his slaughtered comrades, and spran apon the battlements. It was a dizzy ight, but the next moment he was in the air-another, and he was dis engaging himself from his crushed and dving horse amid a shower of bullets He escaped and found safety in the in the deserts of the Thebaid."

Emin Bey's leap referred to above is not generally believed, though it seems a pity to spoil such a dramatic story. Most authors hold that he had been previously warned of the treacherous intentions of Mehemet and so absented himself till a favorable opportunity presented itself for his es cape from the country.

Joseph's Well.

From the top of this rock there is peditiously and with but little peran entrance to a well that sinks to a sonal inconvenience. A comfortable block. The task is unthinkable, but depth of nearly three hundred feet. train takes one to the very edge of Until recently this was the source of the desert, along which is located the water supply for the fortress, but at so-called pyramid plain, in which the present time the city mains are stands some seventy of these giganused. Outside of the curiosity this tie and, for a long time, puzzl ng well presents and the wholly unfound- piles of granite. ed tradition that it once furnished a Many curious theories have place of concealment for Joseph, advanced in the past to explain which gives it the name of "Joseph's reason for the existence of the pyrawell," this old cistern is of no special mids, one writer maintaining that interest. The f various buildings of they were built to protect the Nile the citadel are now used for prisons, valley from drifting sands; another, look upon the world as crude and barracks and officers' quarters, and that they offer a safe depository for primitive? The feat seems impossible both native soldiers and red-coated all time for certain standards of and our boasted twentieth century

sacre of the Mamelukes. Although scriptions contained therein that they in size to Cheops, was erected as is nevertheless one of the show | mosques of Cairo, and with its two towering minarets presents an imposing appearance, crowning, as it does,

the summit of this historical rock. The views from this elevated position are very fine and the prospect from the southern rampart includes all of Cairo and its environs, affording an excellent point from which to study the topography and landmarks of the city and its surrounding terri-

Immediately at the base of the forti- brain fication rises the imposing mosque The very foundation of health and it of its charming mystery. tomb of Sultan Hassan, where the strength lies in the blood, which A stella, or an ancient inscription on body of the assassinated ruler lies in must be kept free from poisons and a tablet of stone, found within the a mausoleum beneath a dome nearly impurities. two hundred feet high. Adjoining is Nature has no better blood medi- great pyramid shows that the Sphinx the mosque of Refaiya, built by the cine than Dr. Hamilton's Pills, which was repaired by both Cheops and Clelate Khedive and intended to rival are composed of such vegetable ex- phren, the builders of the two royal the beauty of the former, an ambi tracts as mandrake and butternut, tombs bearing respectively these rulers' tion which in the opinion of most known to all doctors for their prompt names. visitors falls far short of its realiza- and healthy action.

sultans ruled from 1250 to 1376 and appetite. immediately preceded the Circassian Mamelukes. A visit to this royal necropolis is easily accomplished, alture presents little of beauty and color was, yellow, and my appetite mists of the early ages.

To the right across a narrow strip girl, weigh more, look better, and portions measuring as it does a hun-hurt he remarked : of desert the more pretentious tombs feel improved in every way." Usually the early bird catches the of the Caliphs are seen. A visit to Why not use Dr. Hamilton's, too? head is thirty feet from forehead to that I can afford to haul you much worm for the benefit of the little fel- these mausalaea will repay the tour- You'll get that hearty bracing health chin and fourteen feet wide, that im- cheaper than this company can?" ist, although, like the tombs of the that thousands and thousands are en- presses one so much as does its placid one along a sandy trail to this deso- boxes for \$1.

belonging to the Ghizeh group. This rations, dynasties and epochs have is the largest of all these ancient re- come and gone, nations have arisen to

we leave the Nile bridge they stand out like well pruned mountains from A letter devoted to the antiquities late burying place. Emerging from the desert plain and are constantly of Egypt may include with some de- around the base of sand dune these visible during the whole of the tengree of propriety a few of the older mosque-like tombs stand out in an irobjects of interest of Cairo, although regular row from the grayish white carries us rapidly along a beautiful World. Egypt's capital of to-day compared to sandy plateau upon which they are avenue of acacia or lebbeck trees on the ruins of the ancients is quite a constructed, Some of the less pretenthis bright December morning, these modern city. Most visitors begin tious ones have been preempted by giants of the desert appear no larger master, begrudges an Eskimo dog his their tour of sightseeing in Cairo roving bands of Arabs, and here, as we near our destination summer vacation. Every Alaska town with a visit to the citadel that Egyptian acropolis built upon a huge sert gypsies have made for the time he journey. Indeed, when we were cuffing or of yelling will cause them to being their lonely habitations. Half within a stone's throw of them their stir if they are indisposed to move. In visible for many m'es away. This clad children play in the drifting sand size was not noticeably increased. summer, says a writer in St. Nichofortress-like aggregation of massive around the entrances, and a few This peculiarity at first produces a las, their sluggish blood and worn-out structures is entered through a gate- scrawny, sad-faced donkeys nearby feeling of disappointment in the mind legs respond only to a fight. They are never too old, too fired or too hungry after a ten minutes' walk along a of the larger and best preserved of worthy fact that the pyramids stand- for that. When not in harness or steep, narrow road between high these tombs, however, there is a care- ing alone upon the wastes of the de- askeep they are always scrapping. walls; one comes to the level sum taker and here a small entrance fee is sert appear to be as vast ten miles In speed the outside dog-that is, mit of the rock, which forms the charged. A visit to the interior of one away as they do when within a the dog from Europe or the States-

Mamelukes took place in 1811-that by the stained glass in the windows with which to compare them. But if arctics. The aristocrats of Alaska dog

the citedal balls of throughout the land that for political Climbing Cheop's Mighty Heights. the world. After a very flattering sacred temple of learning. Even then you scramble up the step-like side till reception from the pasha they were we were followed by a guard whose you have grown so dizzy you would that our presence was not particular sons of the desert whose bare feet They entered the fortification unsus- ly desirable. Doubtless any appear enable them to ching to the slippery defenceless and devoted band. Start mosque university in one continuous half way down. From this position part of the regular service. and feel as though about to die. In such ling and fearfully sudden as was their roar. A visit to the El Azhar will again take a survey of the Titanic The life of a mail dog is from three

The Royal Tombs. When most to the bottom you will observe an opening in the centre If Cairo is comparatively modern, the north side. Crawl in through this its immediate environs mark the most ancient cities of Egypt, for in the Nile aperture and make your way along a Valley civilization traveled against narrow passage to the centre of this the stream. Heliopolis is supposed by thirteen acres of solid granite where many Egyptologists to be the site are located the royal tombs. The careof a city older even than Memphis and taker will burn a bit of calcium here Sakkarah. A half hour by a local for you and audid scurrying bats you train from Cairo brings one to this an- get a view of the chamber. As soon ient site and while only an obelisk as you have sufficiently recovered your news from a single block of granite is strength return to sunlight and at the present time visible, still the for this is a stuffy, uncanny place and excursion is an easy one and the visions of being imprisoned here alive prospect of restful, green fields will or hopelessly lost will add wings to sanctuary of a mosque, and ultimately prove a pleasant diversion after city your feet. At last you see the small sightseeing has possibly grown a trifle isquare of light that indicates the cntrance and soon you are leaning against the base of the pyramid breathless and trembling in every muscle. What think you now of One cannot think of Egypt without pyramid of Cheops? Do you realize simultaneously recalling the sphynx the magnitude of this ancient pile? and the pyramids, and certainly no Aye, you do and the whole thing at traveller in the land of the Pharaohs once overwhelms you, for in fancy you would be guilty of omitting these go back five thousand years at the "Lions" of the Nile from his itiner- very beginning of profane history and ary. Fortunately for the tourist one wonder after another passes long tongues until the mess can be

with little time at his disposal this through your mind. trup can be made from Cairo very ex-Miles away across the Nile this tre still more staggering comes the thought of the transportation of those stones to the present site. To move these huge blocks so great a distance would, with all our modern transportation facilities, prove a herculcan task. How did they do it five thouof civilization, as we understand it, and at a time when we are wont to Tommy Atkins," are much in evi- weights and measures, and still an ideas of superiority receive an unpleaother that they furnished a means of sant and disquieting shock,

Within the walls of the fortress, too, making certain astronomical observa- We next take a look at the nearby named from the beautiful alabas- which latitude and longitude could be of the smooth outer casing still reter columns in the interior. It was reckoned. Extensive explorations of mains in position here an ascent is humor by Mehemet Ali on the very however, has proved conclusively from after Cheops should be equal to the threshold of the scene of the mas- the presence of sarcophaga and in- task. This pyramid but little in erior criticized by architectural experts, it were simply royal tombs, built by tomb for the ruler from whom it derives its name. The remaining four pyramids of this group are small and need not claim more than a moment of the tourist's time.

The Sphinx.

And now before we end our day' outing at Ghizeh let us take a look at the Sphinx, that puzzle of the desert There can be no such thing as that for thousands of years baffled the health without pure rich blood-no investigations of all students of Egypsparkling eyes, clear skin or active tian antiquities and who have not until only recently succeeded in stripping

last few years by Mariette near the

If you will drive out disease and dependent structure but for the most then about \$3.25. I saved something To the south, standing in a small increase your force and vigor take part is hewn from the rocky city that by handing the conductor \$2 in cash cluster the rounded domes of the Dr. Hamilton's Pills. You will feel here juts out from beneath the desert One day there was an excursion, and tombs of the Mamelukes appear. These fresher, brighter and enjoy kecher sands. Who the builders of "Her- I bought a round trip ticket for \$1.25 machis" were, for it has been found or \$1.50. I've forgotten the exact that the Sphinx was an image of the amount, but that circumstance need "Before using Dr. Hamilton's Pills," Egyptian's god of the morning, is not cripple this story. though their neglected condition and writes Miss Edith E. Phelps, of Wood, still a matter of conjecture. So old it "When I handed this ticket to the medieval Saracenic style of architec- stock, "I was pale and listless, my is that its origin is enveloped in the conductor, as he tore off the return

dred and forty feet in length, while its | " 'My young friend, don't you know countless centuries its mysterious gaze buy a bonet.

the rulers of the early dynasties. Per has caught the first mellow rays of taps the best example of this particu- the morning sun. Through cons of type of ancient Egypt's royal time the desert winds have drifted the sepulchre is the pyramid of Cheops, desolate sands around its base. Gene-Cairo it is usually the first one visit- in the obscurity of passing ages and still the inscruitable face of the Sphinx Cheops belongs to a group of six eternal and immovable, sets steadily amids, three of which are plainly to the east to greet the everlasting isible from Cairo, and as soon as rays of the rising orb of day. -SIGEL ROUSH.

MAILS BORNE BY DOGS.

No one, not even his brutal native and mailing, and we'll send you one of the courtyard of the citadel. It was or more of the best examples will be hundred miles of them. Perhaps this shows off in camp to the disadvantage here within the frowning walls of found very interesting. Especially is because there are no objects, such of the native, but once on the trail

Cheops is disappointing at first sight life are the mail teams in the United its vastness is most impressive upon States service. Until the coming of closer acquaintance. Figures are in the Americans the leaders in Eskimo Before leaving Cairo a visit to El- adequate in conveying impressions dog teams were unknown in the areextenuation of this crime the admir- Azhar or the native Muhammadan though the fact that Cheops covers ties. The trail was generally broken ers of Mehemet Ali attempt to jus- University should by all means be an area of thirteen acres and is about by an Indian or Eskimo woman runtify the act on the ground that the made, for this is the greatest school as tall as the Washington manument ning ahead of the team, her tiny existence of the rebellious Mameluke of the Koran in all of Egypt. At one and contains enough stone to build mukiuks—which are high boots made Beys continually threatened not only time the British authorities closed the peace of all Egypt but endanger- this botbed of fanaticism, but there there are not only time the British authorities closed thick around the whole of France may this botbed of fanaticism, but there ed the personal safety of the Pasha was such an outcry against this sum- give one some idea of its magnitude. while her liege lord snuggled in the sledge's fur-lined bed

the citadel by a most cordial invita- reasons, at least, it was deemed ad- But to gain some knowledge of the descended from the Siberian wolf) are tion from the sultan. The scene visable to again allow it to be open- size of the individual stones of which now employed in the mail service. ed. The presence of infidels is not en- it is constructed step up and stand Their legs are too short, their feet sink couraged here, and, as within the alongside the lowest tier. If you are too readily through the snow. Pre-The beys came mounted on their mosques, the contaminating feet must six feet tall your eyes will be on a ference is given to a cross of the mala-Enest horses, in magnificent uniforms. be incased in protecting coverings be- level with the upper edge. Now with mute or McKenzie husky, and the St. forming the most superb cavalry in fore crossing the theshold of this the assistance of three Arab helpers Bernard or Newfoundland, Eskimo with a little hound. The Eskimo beof furtive, unfriendly glances suggested fall but for the watchful care of these gins to train his dog for sledge work most interesting features of Eskimopectingly—the portcullis fell behind the ance of criticism or hilarity would surface of these rocks like a fly to villages are puppies tied to the pole of last of the proud procession, a mo- have resulted in our summary expul- the ceiling. When you have gained a tent. They pull on the rope with ment's glance revealed to them their sion. So far, very gravely we made sufficient confidence to lift your eyes all their puppy strength in the effort doom. They dashed forward-in vain! our way among the groups of stu- from your narrow toothold look away to break away and join the frolies of nounce something wrong with the heart is Before, behind, around them, nothing dents, seated Moslem fashion, on the over the Nile and beyond the city of their elders. Not until a dog bred for over the Nile and beyond the city of their elders. Not until a dog bred for over the Nile and beyond the city of their elders. was visible but blank pitiless walls floor, and reciting aloud certain por- Cairo. If you are near the top you mail service is one year old is it put and barred windows; the only opening tions of the Koran. The mingled are over four hundred feet in the air. in training for the trail. It begins by was towards the bright blue sky, even voices of thousands / of these young Glance down along the jagged sides running ten miles with the team, then that was soon darkened by their fune- Muhammadans as they mechanically over which you have just climbed-it it is dropped out. Next day it runs ral pyre of smoke, as volley after read and re-read the Book of the Pro- seems a mile. After you have rested the same distance. Gradually the disvolley flashed from a thousand mus phet, till committed to memory as a bit begin the descent, a feat even tance is increased until it reaches its the arteries. The person may experience kets behind the ramparts upon this cended to the vaulted roof of the more difficult than coming up. Pause fifteen month of life, when it becomes

No greater punishment can be inflieted than to lay a dog off from service. When unruly they are often threatened with a lay-off, and with almost human intelligence they seem to understand the disgrace it implies in the eyes of their fellow workers on the trail. All fight to be leaders. Some dogs are better trail followers than others, as some are better leaders. In a blizzard the best of them lose the trail, but invariably find it.

When on the trail they cat but once a day, at the end of the journey. After feeding, like weary children, they fall asleep and are never quarrelsome. It takes on an average of twenty pounds of feed a day for a team of eleven dogs on a hard route. The dogs of the mail teams consumed last year three tons of bacon and one of rice. The rice and bacon are cooked together with frozen fish and caten hot. The dogs are permitted to eat all they want. When too hot they let it coof river they will cunningly pull the vesperature of the contents with their caten without burning the mouth, Frozen fish is the staple food of all native dogs. Once a week the dogs are fed on fresh meat bones. In severest weather the dogs are unprotected save by the thick coats of hair that nature provides. In April and May the mail dogs wear moccasins of moose or deer skin, for the thaw of the spring sunshine freezes at night and the ice cuts their feet. When a roadhouse is reached, they often share sand years ago at the very beginning its shelter with the carrier, but not infrequently they burrow into the snowdrift and, curled up in the warmth, wait until bidden to move

Once on the trail the dogs are unmindful of every discomfort, every danger. Their one playing truant from the line of duty is chasing the snowis located the Alabaster Mosque, so tions and definitely fixing points from pyramid of Clephren but as a portion birds that flit across the trail. So enticing is this sport that often the driver is at the mercy of the team, built with a grim sense of cynical the interior of many of the pyramids, not advisable even if one's enthusiasm which quits the trail and in eagerness to catch the flying coquettes of arctic winged life roll the sledge over and over snowbanks until the birds are

Nome is the small distributing depot for Seward peninsula-the gateway to North-western Alaska. Mail from the States comes from Seattle by steamer to Valdex-four days' journey. From Valdex to Nome is an overland route of more than fifteen hundred miles. This distance is covered by four dog team relays, each let by the government to a separate contractor. The government pays \$40,000 a year for carrying the mail from Unalakilk to Nome. Out of this sum the contractor pays carriers and all expenses.

His Rate Was Lower.

An old-time travelling man talking of experiences of former days

"Frequently," remarked this travel ler, "I journeyed to Cincinnati. The Unlike the pyramids it is not an in- fare from this city to that place was

very poor. To-day I am a different It is not the Sphinx's gigantic pro- voice betraying how deeply he was

bud look like the last rose of sum- allapidated condition. A carriage takes medicine. Price 25c. per box, or five and its unknown antiquity. Through racetrack than give it to his wife to



Don't buy Silver Butter-Spreaders. We have set of six for you. They are Wm. Rogers & Sons' AA triple plate.

If you could buy this set in a jewelry store it would cost you \$3.50.

But this is the lily pattern, made exclusively for us. You can buy nothing like it.

Simply do this: Send us the metal top from a jar of Armour's Extract of Beef, or the paper certificate under the top, with 10c for packing and melling and we'll send you one of the Spreaders.

Send 6 tops or certificates and 10c with each and get the full set of six.

Thus, for a little time, we give you back more hau you pay for the Extract. We want you to mow the many uses of a good Extract of Beef. Try it in adding flavor to soups, gravies and Get Armour's, for that is concentrated to four times the strength of others.

Other extracts of beef costing a trifle less go but one-fourth as far. The directions on Armour's are: "Use one-fourth as much." Order a jar from your dealer today.
Send for one of these Spreaders.
Address MacLaren Imperial Cheese Co.,
Idd. Agents Armour Limited, Toronto.

Armour's Extract of Beef



Rastus Goes Fishing.

Mr. Henry-"Going fishing on washday, Rastus? thought Melissa needed you to gather wood and make a fire to boil the clothes."

Rastus-"Yes, sah, Marse Henry. But Anty Drudge here, she done sho'd M'Lissy how to wash de clo's without no fiah an' M'lissy she say hit's as easy as rollin' off a log."

Anty Drudge-"That's right, Mr. Henry. Rastus had better be working than fishing, but Melissa doesn't need him. Fels-Naptha makes the biggest washing easy for one person in less time than the old way.'

Do your washing without a fire next time. Save the bother, the discomfort and the cost of fuel.

Wash your clothes with Fels-Naptha in cool or lukewarm water, in summer or winter.

It's much easier—no hard rubbing is needed.

It saves the clothes because there's no boiling to weaken them and no hard rubbing to wear them out.

It takes less than half the time of the old way.

And this Fels-Naptha way of washing in cool or lukewarm water makes your clothes cleaner, sweeter, and fresher than if you boiled and hard-rubbed 'cm till Doomsday.

Don't take a substitute for Fels-Naptha because it will not do the

Look for the red and green wrapper and follow the directions printed on the back.

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know woman's sufferings. I will mail, free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure - you, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourself at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhœaor Whitish discharge, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head, back and bowels, bearing downfeelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and biadder troubles

yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment a complete trial; and if you should wish to continue, it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation.

Just send me your name and address, tell me how you suffer, if you wish, and I will send you the ing why women suffer, and how they can easily cure themselves at home. Every woman should have it and learn to think for herself. Then when the doctor says. "You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures att, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhea, Green Sickness, and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all women's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address:

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