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QUALITY
in the flour means quality in the bread and the pastry you bake. Without quality behind your efforts, no knowledge or skill can bring good results. Better be without the skill than without the quality.
"BEAVER" FLOUR
is the highest development of blended wheats, embracing the rich health-giving properties of Manitoba Spring wheat and the carbohydrates of Ontario Fall wheat, which make delicate, white, light bread and pastry.
Remember, it is for bread and pastry, both. With **BEAVER FLOUR** in the house, you only need one kind to attain the best results in every form of baking.
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DEALERS—Write for prices on all Fresh, Coarse Grains and Cereals.
F. H. TAYLOR CO., Ltd., Chatham, Ont.

THE SPORT REVIEW

THE RUGBY TEAMS WEAK IN PLACE KICKING.

Ottawa Preparing for the Dominion Rugby Championship — Lester Patrick Hunting for Hockey Players in the East.

"Bob" Webster, of Hamilton, has been playing football for eleven years. Saturday in the game against Ottawa he was just as good as ever. They are awfully modest down in Ottawa. They are busy now preparing to play off for the dominion rugby championship.

Argonauts and Tigers have agreed upon Dr. Henry as referee and Frank Robb as umpire for their game on Saturday at Toronto.

Princeton, who won the American football championship of the east last year, will be weakened by the absence



EDDIE DURMAN.
The Canadian oarsman who rows Eric Harry, the champion, for the world's sculling title. This photo was taken in England last week as Durnan was going down to the Thames for spin.

of Hart, Duff and Sam White, three of last year's mainstays.

A team from Calgary will play a series of games with rugby teams on the Pacific coast. The games will be played under British rules.

A meeting of the interprovincial union will be held at Montreal on Saturday to discuss the Hamilton-Tiger project against Ottawa.

Toronto News:—The Ottawa girls have plenty to say about the row in Hamilton, but should train a little of their hot shot on their own crowd who swarmed on the field in the Ottawa College-Queen's game. It is a poor rule that won't work both ways.

Ottawa College and Varsity have failed to agree on officials for their game on Saturday, and the appointment will go to the vice-president of the union. It would not, however, be a surprise if Ben Simpson would be asked to take charge of the game.

The back division of Toronto Argos cannot be classed with last year's champions, as they sadly miss such a good kicker as Mallett, who, by the way, will be playing against his old team on Saturday. Lawson, however, has rounded into splendid shape, and is expected to cut quite a figure. Price, the former star man, will likely be at centre half, and do the kicking.

Montreal Herald:—Bring on your kickers. Place kicking is just about as weak in the interprovincial and inter-collegiate this year as it ever was. True, it's only one point for a convert, but more games are won one point at a time than any way, and it's, after all, an incomplete team that does not carry one place kicking expert. It was not so in the days when the convert meant two points.

General Sport.
George Stallings, the Buffalo manager, is billed for the Boston Nationals.

It has been rumored that Frank Chance has been offered the managerial position with the Cincinnati Reds. The National Hockey Association is again out with the announcement that only the Wanderer and Canadian teams will be given ice at the Montreal arena this winter. They claim to have been informed to this effect after a meeting of the arena directors yesterday.

Ottawa is to have a new hockey home, big enough to hold a victorious team and a bumper crowd. The building is being started a little late in the season, but then Ottawa is a quick town.

Lester Patrick of Victoria, B.C., is

in Ottawa in quest of players for the Pacific coast hockey league. Patrick will remain there a couple of days and then go to Montreal and Quebec. He declined to say whom he was after, but it is understood that he wants Taylor, Bonan and Barragh of Ottawa, Johnson of Pitts, Gardiner and others of Montreal, and one or two of the Quebec stars. He will also land a couple of western Ontario boys.

PAINS OF RHEUMATISM

Are Ended by Zam-Buk.

When you have any deep-seated pain in the joints, the back, the wrists or elsewhere, place a liberal supply of Zam-Buk on the fingers or on the palm of the hand and rub it in. The penetrating power of this "embrocacion-balm" is very great. It kills pain and removes stiffness.

Mrs. Frances Wyatt, of 25 Gay avenue, Montreal, says: "I have found Zam-Buk most soothing and valuable in a very bad case of rheumatism, and also for stiffness of joints and muscles. I suffered long and acutely from rheumatism, and tried one liniment after another in vain. I also took medicines internally, but it remained for Zam-Buk to effect a cure. I began applying this balm when I felt the aches and pains of rheumatism coming on, or left any of the stiffness. The result was truly wonderful. Zam-Buk seemed to penetrate to the very seat of the pain driving them completely out, and I'm now quite cured."

If rubbed on the chest and between the shoulders in cases of cold, Zam-Buk will give speedy relief. Apart from its use as an embrocacion, Zam-Buk is a cure for eczema, chapped hands, cold sores, ulcers, abscesses, chapped hands, piles, varicose veins, cuts, bruises, etc. All druggists and stores at 50c, or post free from Zam-Buk Co., Toronto, or price. Refuse harmful imitations.

VISION OF BEYROUT

WRITER TELLS OF THE INTERESTING SCENES.

eventy Schools in Beyrou Under Christian Auspices — Notable Train of Crusading Castle.

The shores of the Mediterranean are renowned for exquisite and romantic beauty; but few scenes are more delightful to the eye than the vision of Beyrou, as approached from the sea. There is St. George's Jay, with its deep blue waters, and is crescent shore, covered at one end with the picturesque houses of the city, painted in glowing colours, with red-tiled roofs, and the verdant mulberry groves at the far end.

The gradual, shelving terraces on the mountain sides, from the level plain to the heights of Belt Mirwah and Brumana, are covered with dense pine groves. Here and there, dotted about in all directions, on the slopes and summits of the distant range of mountains, are the sites of large and flourishing villages. The well-to-do migrate to the villages on the upper slopes of the Lebanon, during the summer months.

On March 12th, 1912, I was a passenger on board the tourists' steamer, Donattar Castle, that sailed to Beyrou, the most up-to-date city on the whole eastern shore of the Mediterranean. We disembarked some distance from the two Turkish war vessels, destroyed by the Italians on March 7th, 1912. A number of shells seem to have gone astray, and killed and wounded a number of people on the streets of the brisk, business city. A shell from a warship would be as startling an intruder there, as it would be if it fell at the corner of King and Yonge streets.

We embarked in tenders and waded our way through a first station on the quay. We reached the main thoroughfare through an entrance of facades, and gazed with wonder upon the evidences of the recent shelling. We were immediately surrounded by numerous and persistent beggars in various conditions of poverty and misery. There were turks, with fetes and Turks in European dress, many poor horses, electric cars, and evidences on every side of European influences.

Beyrou is more European in its character than any other city in Syria or Palestine, though it retains its attractive Oriental features. It is the seaport of Damascus and does a thriving export and import trade in grain, silk and wool. It is the head of the government of western Palestine. Beyrou has a population of 130,000 which includes 5,000 Europeans, with Jews and Armenians. Beyrou has its schools and colleges and one, under the auspices of the American



THIS FALL BLOUSE HAS NEW TOUCHES.

The squared off collar of dark bengaline silk and the tab styled jabot mark this striped taffeta blouse as entirely new. The silk is white with narrow stripes of navy blue and the square collar and turned back cuffs are of blue bengaline matching the stripes. The lace jabot—which is really a bib rather than a jabot, is made of a strip of shadow lace insertion piped around with dark blue silk and finished with a pleated lace trim. Four silk-covered buttons trim the jabot and similar buttons are placed in twos on the waist.

mission, is considered to be the prominent factor in the life of the eastern city. There are 38 Christian churches and 23 mosques. The Moslems are adopting European customs and are awake to the importance of educating their girls; in fact, they are greatly influenced by the European atmosphere that is thrown about them, and the Christian religion is well respected.

There are seventy schools in Beyrou under Christian auspices, and this city is best known as the great missionary centre of Syria. The Church of Scotland Jewish mission, devoted itself to the education of the young among the Jews. Beyrou was first known to us as Lerytus, after the daughter of the Emperor Augustus. In the days of Herod the Great, it possessed many beautiful buildings and there are many ruins of antiquity to be seen in the suburbs of Beyrou—fragments of ancient masonry and prostrate columns, here and there on waste plots of ground. The most notable ruin is that of the Crusading Castle, that dates from 1125, A.D. On our way to Baalbek, a town that was the central point of a form of oriental worship, in ancient times, we passed through several miles of mulberry groves, cultivated for the silk industry in the Lebanon district. On the road that leads to Log river, are many marvellous rock-cut designs in the face of the cliffs—almost effaced by the hand of time and weather. These designs are at least 3,000 years old.

On the obliterated face of one of the ancient Egyptian tablets, is the name of the French emperor, Napoleon III, carved by his soldiery, who were sent out to Lebanon during the outbreak between the Maronites and the Palestinians in A. D., 1860.

Beyrou is the usual exit from a Palestine trip, though our party en route to Jerusalem, went in at Beyrou and made its exit at Joffa. Charlotte Carson-Talbot, of Bloomfield, Ont.

RIGHT THINKING HEALTH ASSET

Mental Attitude is the Pattern Woven Into Life's Web.

The mind furnishes the model; the Orison Sweet Marden in the Nauticals, mental attitude is the pattern which is woven into the life web. Picture health as vividly as possible, continually. Think of yourself as strong, vigorous. Never allow yourself to carry a mental image of weakness. Thrust out the disease picture as you would thrust a thistle out of your house. Think health, vigor, strength perpetually.

If you carry an image of yourself as complete, as a magnificent specimen of humanity, think of yourself as the perfected image of your Creator, as made by Perfection hence perfect in the truth of your being, you would be amazed to see what an uplift will come into your life. You will become more robust.

We cannot rise physically higher than our mental picture of ourselves. Whatever picture you carry of yourself physically, mentally, morally, that you tend to become.

Act health just as an actor acts the part he impersonates, and think health vigorously; carry an ideal picture of your physical self. Refuse to see anything else but yourself in an ideal condition. Your life will soon follow your thought, pattern after your mental attitude. (There are multitudes of people who are the slaves or victims of their belittling, weak, sickly pictures of themselves. No one can be robust without a healthy and vigorous image of himself perpetually in his mind.)

Many people carry a sickly mental attitude. They picture weakness, poor health. They are always holding unfortunate pictures of disease, or some ill-health image. It is like one who is trying to succeed thinking in terms of failure and holding failure images in his mind. It is fatal to what one is trying to accomplish.

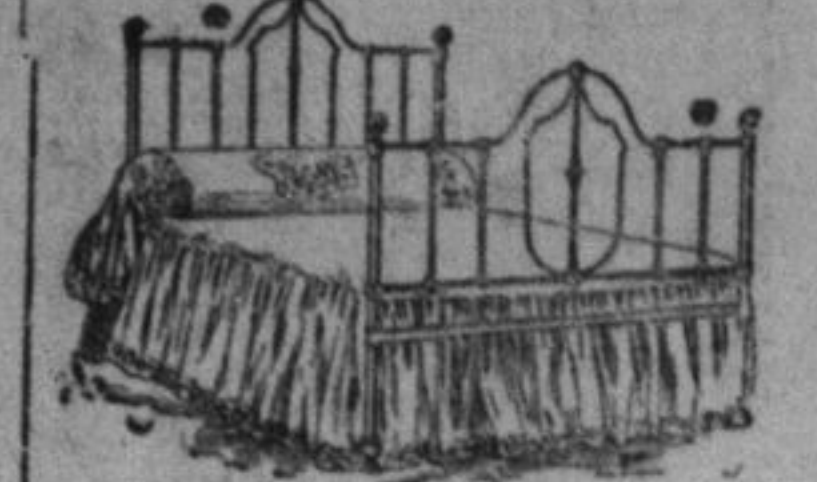
If you wish health, think health, visualize images of health, carry in your imagination pictures of robustness, strength, physical wholeness, completeness and not the opposite.

Two's company—unless they are husband and wife.

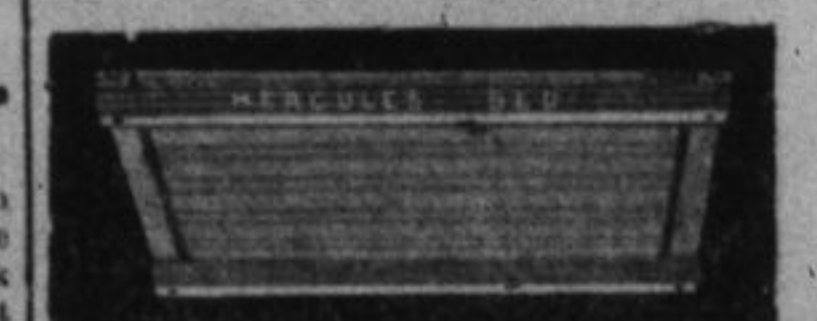
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A money-saver, because economical on fuel—A splendid cooker and baker—also a time saver. That's what they all say.
McClary's
Sold by J. Bunt & Co.

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Iron Bed Special this week. \$2.50, \$3.00, \$4.50 and up.
Some special ones at \$5.75 and \$6.50.



Springs, \$2.50, \$3.50, \$6.50.
Mattresses, \$2.50 to \$30.00.



Dressers, Chiffoniers, Dressing Tables, all styles and finishes.

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The Gurney-Oxford is prompt

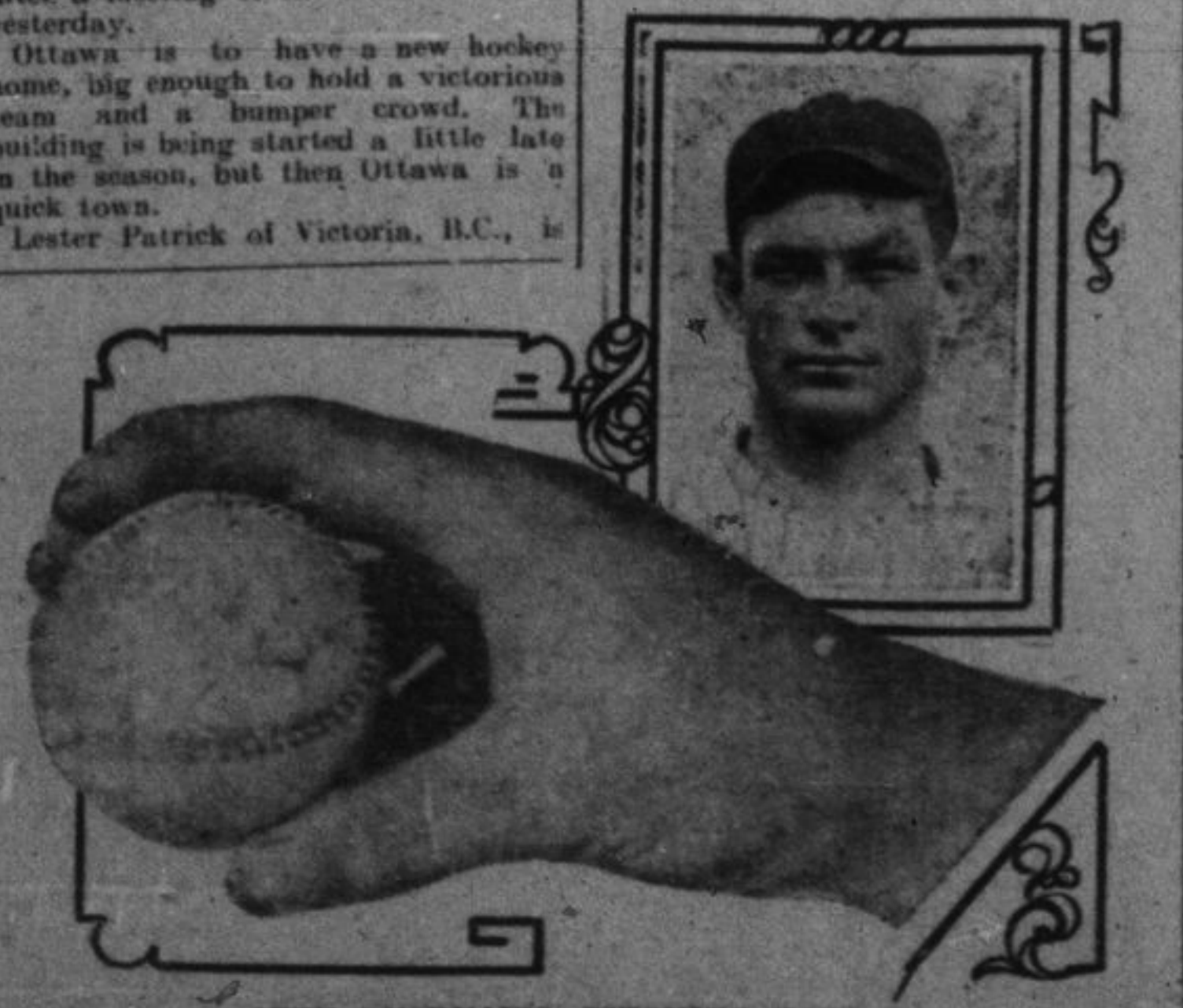
The Gurney-Oxford is prompt

No matter what comes or goes—meals we must have. The preparation of meals comes round three times a day.

Every housewife wants to know that she can depend on her stove absolutely; she wants to know that there is no element of chance or likelihood of mishap in her cooking arrangements; that meals will be ready promptly on time.

The Gurney Economizer is an assurance against accident and mishap in cooking. It is a simple device and found only on the Gurney-Oxford. One lever controls everything. The fire can be slowed down for hours and revived in a few minutes. An arrangement of flues makes the Gurney-Oxford Oven always uniformly heated—the Gurney-Oxford Oven is never to blame! It will make a good cook a better cook; it does more than its share towards making every meal a success and a pleasure.

SIMMONS BROS.,
Kingston.



JEFF TESREAU'S PITCHING HARD.
Unique photo of the twirling fin of the mammoth giant, who was beaten in the first game by Red Sox. He says his own overconfidence cost him.

Tiger Brand Underwear
is best for men and boys.
Carefully tailored garments—well finished in every detail and made from soft elasticated unshrinkable fabric with best quality trimmings. Tiger Brand garments are always warm, shapely and comfortable.
There's a Tiger Brand Dealer in your town.
Manufactured by
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HAPPY THOUGHT
Give Your Stove the "Frying Test"
PROBABLY you think frying such a simple form of cooking that all stoves should be equal in this respect. That is just where you are mistaken. The "frying test" proves conclusively a stove's real worth to you.
Frying with the "Happy Thought" shows you this. A small fire does more and better work than a big fire does in other stoves—gives you more heat, right at the lid opening. Besides, the moment you lift the lid and put the frying pan in place, you get the very maximum of heat that the fire can produce—just where you want it. When you replace the lid, the heat goes straight to the oven and concentrates there with all its intensity.
No other stove is designed to do this so effectively. That is one reason why the "Happy Thought" has a superior value for you.
MCKELVEY & BIRCH, Kingston, Ont.
THE WILLIAM BUCK STOVE CO., LIMITED, BRANTFORD, ONT.