

CRIMEAN VETERAN TELLS THE STORY

BROUGHT BACK TO HEALTH BY "FRUIT-A-TIVES"



MAJOR GEORGE WALKER

"I am a veteran of the Crimean War and Indian Mutiny, having served under Lord Roberts. Fierce hand-to-hand fighting and continual exposure left me a great sufferer from Rheumatism, so much so, that my legs swelled up, making it impossible for me to walk.

My bowels were so constipated that I was in terrible shape until I began to use "Fruit-a-tives". They relieved me both from Rheumatism and Constipation. Today I enjoy perfect health—no more Rheumatism or Constipation"—Geo. Walker, Chatham, Ont.

"Fruit-a-tives" contain in tablet form, the concentrated juices of luscious fruits—Nature's own remedy for Constipation and its painful consequences.

"Fruit-a-tives" overcome all intestinal troubles in a way no other medicine can. At your dealer. 25c and 50 cents a box.

Style And Economy

Fashion Expert Tells How to Make These Two Extremes Meet

By Hortense Saunders. New York, Feb. 13.—The great problem of millions of women in the United States is to obtain stylish and attractive clothes on moderate incomes.

To this large class, Henri Bendel, fashion expert, addresses a sermonette on clothes economy. He tells them how to combine those two extremes—style and economy.

"Clothes economy," said Bendel, "consists in getting 100 per cent. utility from everything you buy, instead of assembling an impractical wardrobe in which there are many costumes from which you can get only limited service.

"Don't buy a cheap coat that will soon lose its style, and an elaborate dinner gown that you can't live up to in any other respect. Your street wrap gets hard wear. It must be of good material and well cut so you can be absolutely sure of its lines and general effect. It will be comparatively expensive.

Economize on Silk Capes. "It is much wiser to economize on the silk cape or wrap for afternoons, because you will wear this less frequently, and you may depend on its material, color and general becomingness to contribute to its effectiveness.

"Instead of buying a number of summer dresses of different shades and hues that require picture hats and expensive lingerie, buy a few good white skirts—some pleated, others plain—and overblouses and colored sweaters. Get some blouses tailored for sport and others more elaborate to give more the effect of a costume.

"This way you need only two pairs of white shoes, one flat-heeled for sport, the other regular pumps to wear when you wish to carry out a more elaborate scheme. You can build your hats to the popular fashions that are also appropriate with your street costumes, and perhaps indulge in one large picture hat such as the girl in the illustration wears. It is so ornate and colorful that it adds chic to any simple costume.

Budget Your Income. "Budget your income so you will

spend most of your money on the clothes from which you must expect the greatest service, and don't forget to allow for accessories as well as costumes.

"Your hats and shoes are as important as your gowns. Your hosiery and lingerie must be of the best quality you can afford and your handbags, handkerchiefs, scarfs and jewelry must be selected to emphasize your particular style."

February is the month to take stock, to sort out your wardrobe, count up your gains and losses for the previous season, profit by your unwise investments and make plans for the coming months, according to Bendel.

"The carefully dressed woman," he says, "always knows what she wants and she gets it. She is not carried away by the first pretty spring things she sees which may bear no relation to the wardrobe she already has, and she never buys a costume that does not fit her general scheme.

Decide on Colors. "First decide on your colors. That way you simplify the matter of accessories, because you can use them interchangeably. If you buy one gray dress, another tan one, you have two distinct costumes calling for different shoes, gloves and coats, whereas if you buy one tan and one brown you can use the same for each costume.

"If you decide on a brown wrap keep your dresses in shades of tan, champagne, beige or any of the brown tints. "If the coat is lined with tan, you can have two distinct ensemble costumes if you buy two dresses to go with it, one brown and one tan. The shoes and hats that match one outfit will be good with the other."

Naturally, Mr. Bendel admits, if you are very practical, you will make black or white the mainstay of your wardrobe. You can use touches of color where you desire, have colored hats and accessories for variety, but the essentials are always in one key and everything harmonizes.

If you prefer navy blue to black you can build your wardrobe in blue and tones of gray, and have an equally good working scheme.

Efficient Housekeepers

TOMORROW'S MENU

Breakfast Bananas Cereal Wholewheat Griddlecakes Syrup Coffee

Dinner Friedcod Fowl Dumplings Potatoes Squash Romanine Minces (Pie) Coffee

Supper Creamed Dried Beet Fruit Salad Prune Bread Cake Cocoa

Man's Sleeveless Sweater. To knit a man's sleeveless sweater, buy six balls of camel hair yarn, and one pair each of number four and number five celluloid or bone knitting needles.

Back: Cast the number four needles, cast on 88 stitches and knit plain for three inches. Then change to number five needles and work in rib pattern of knit one, purl one, for 22 inches. Again using the number four needles, knit one inch plain and on the next row work the first 29 stitches off on a stitch-holder, then bind off 30 for the neck. On the remaining 29 stitches start the front.

Front: Knit one inch plain, then using the number five needles knit one, purl one, for an inch. Now increase—on each row work for two rows, knit two rows without increasing, repeat from *till 11 stitches have been increased toward the front; when armholes measure seven inches from shoulder, increase one stitch every other row five times toward armhole; when there are 55 stitches on needle work till front is as long as back, knitting the last three inches plain on number four needles.

national or ecclesiastical. Yet it may be doubted whether, in the end, St. Paul's is better loved by any than it is by those who have turned to it for no special purpose to seek refuge from the stress of daily life, and with no special claim upon it except that it gives them what they need. Such people (and they are of all ages and calling and of many faiths) take St. Paul's into their hearts, as St. Paul's takes their care and weariness into its stately peace. All day and every day, out of service time as well as in it, this great church, set like a rook in a boiling sea of worldly turmoil, is saying "Study to be quiet," and by that great and simple message spreading a spiritual healing and strength. Not only by means of what is done there in prayer and praise and thanksgiving, but merely by what it is, St. Paul's plays a greater part in the common life than could be realized except through its tose.

If you had been passing through the rather dingy neighborhood of Bushill Fields, in the City of London, one night recently, you would have marvelled to hear the wild cries of children as if in the ecstasies of delightful enjoyment, and the roar of young men filled with the joy and happiness of life. Something strange was happening in the Memorial Buildings in Roscoe street, and children stopping airily like fairies were running about in the darkness and writing with lamps of fire a greeting to a very remarkable visitor to London.

Street Thompson seton, the Canadian-American naturalist, who has written books on the wild life of the Western world, and is the founder of the woodcraft movement. Mr. Seton is Grand Chief of the Order of Woodcraft Chivalry, and this was a grand council held in his honor on the occasion of a visit to this country after many years spent in the United States.

The woodcrafters sat in a circle, with their carved totem poles, and in their green and pink robes and leopard skins and gave their delectable howls, sang their funny little songs and listened to the Indian stories told them by their honored Chief. As Grand Chief it was Mr. Seton's duty to light the sacred fire, symbolic of the spirit and of the impulses of woodcraft thousands of years ago. He laid the altar cloth in the centre of the circle and lit four candles, representing the cardinal virtues of Truth, Beauty, Fortitude, and Love, and inscribed on the altar cloth were other symbols representing the 12 woodcraft laws.

It would have been nothing less than a sacrifice to light the sacred fire with a match. So using his "rubbing-sticks" and a buckskin bow, he pro-

duced friction and then a spark. He kindled the spark into flame by waving his hands and transferring it to a mouse's nest, chosen for its dryness, and when the nest was well alight lit the four candles, saying, "Thus we light the sacred fire," he turned in triumph to the woodcrafters, who howled "Blue Sky, Blue Sky." It was one of the wildest and yet most inspiring spectacles seen in the heart of London on a winter's evening.

ASKS BRITISH NABOBS TO HELP COLLEGES. What H. A. L. Fisher, Member of Parliament, Tells English Speaking Union.

London, Feb. 14.—A splendid way to bring about a better understanding between the United States and England would be to send all the wealthy men of the British Isles to America for the purpose of acquiring the knack of making frequent and liberal donations to educational institutions, H. A. L. Fisher, member of parliament, told members of the English Speaking Union at a luncheon recently at which he was the guest of honor.

Mr. Fisher, former president of the English Speaking Union, said that some diseases give immunity from another attack, but rheumatism and lumbago (which is really muscular rheumatism) work just the other way. Every attack invites another.

There is scarcely any disease which physicians find more difficult to treat successfully than rheumatism. Long study, however, has shown that the seat of the disease is in the blood. By maintaining the quality of the blood, you are doing the best possible thing to prevent and combat rheumatism.

That is why Dr. Williams' Pink Pills has proved successful in thousands of cases of rheumatism and lumbago. These pills enrich the blood and enable it to throw off the poisons of the disease. And so long as the blood is kept pure and rich, there need be no fear of a return of the trouble.

CHILDREN CRY FOR



Fletcher's CASTORIA. MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of Dr. J. C. Ayer. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

the board of education, returned recently from a tour of the United States and Canada, during which he visited many of the principal colleges and universities. He spoke in particular of the "superb academic" buildings for the under-graduates at Yale, built by part of the Harbess endowment of \$40,000,000, and said that he wished these quarters could be seen by all persons here interested in education.

"I think it would be a capital idea if we could send all England's wealthy men to America to inspect the wonderful universities and to see what had been done with endowments from some of the American millionaires. If this were done, perhaps some of our rich men would acquire the habit of giving away vast sums to institutes of learning.

"There is not a college in the United States, or in Canada, which does not appear to have a well-trained retinue of millionaires on its staff. We here in England have much to learn from American educationalists."

INDIANS TURN TO IODINE. Since Sorcery Has Been Banished in Minnesota.

Cass Lake, Minn., Feb. 14.—The passing of the "medicine man" with all of his supposedly supernatural powers over evil spirits, is enabling Minneapolis Indians in increasingly large numbers to take advantage of the facilities for medical treatment at reservation hospitals, according to P. D. Wadsworth, superintendent of the Consolidated Chippewa Agency.

While most of the approximately 14,000 Chippewas in this state have become fairly civilized, hundreds of the more timid Indians are finding the gap between the old-fashioned tribal manners and the modern healing means difficult to bridge, said Mr. Wadsworth. Once the Indian overcomes his characteristic superstition, however, he makes an apt convert and readily submits to this phase of civilization's contribution to his welfare.

When the Indians become accustomed to patronizing "the white man's medicine man," as they term him, they make good customers. Old men of the tribe who have learned the advantages of such common treatments as the atomizer, or spray, for nose and throat infections, and iodine for external ailments, hasten to

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Public Library Bulletin

Some New Novels for February Return of Clubfoot—V. Williams. The Ballroom Case—J. Hay. South of Rio Grande—L. Clarke. Laura—E. Sidgwick. Green Bay Tree—L. Bromfield. Cow Jerry—G. Ogden. Fives' Honour—S. Gluck. Bean Geste—P. C. Wren. Seven Sleepers—F. Beeding. Judgment of Paris—C. K. Luke. Crimson Butterfly—E. Snell. The Host—L. Allen.

Dr. Martel's Female Pills Have subdued nature thousands of cases last half century, cleansing canal, building up and restoring system, relieving DELICATE and PAINFUL MENSTRUATION, NEURVOSISM, BACKACHE, DIZZINESS, etc. Send for Free Book with full directions. Over 200 testimonials. Price 25c. Sold everywhere, or direct by mail, plain package, 25c. Postage 2c. Write to Dr. Martel, 111 E. Front St., Toronto, Can. Circular mailed on request.

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A LONDON LETTER

By Fanton House.

London, Feb. 14.—In an article on "The Influence of St. Paul's Cathedral," the Times, which is receiving subscriptions to meet the cost of repairs being made to the famous dome of St. Paul's, says:

Outside all is din and motion. The traffic comes roaring up Ludgate-hill and swings round under the huge south side of the Cathedral. All about the churchyard are shops, and the crowds that shops collect. The very air is full of busy restlessness, where the pigeons wheel and flutter and fuss—more beautifully, indeed, than the human beings, but seeming to tread nerves and senses, like an artist's parody of the human fuss and flutter. The outside of St. Paul's is very different from the outside of St. Peter's, or of Notre Dame, or even of the Cathedral of Antwerp. It is in the City and of the City, planted in the very midst of all the teeming life of every day.

To go in is to suffer a change almost as sudden and striking as that which befalls one on going into St. Peter's on a day of Roman Spring. There cannot be, in London, the same contrast of light and shade, of heat and coolness; but the swing door admits, scarcely less than the leather curtain, into a new and a very grateful world. It is a world of silence, of spaciousness, of rest. If no service is in progress, there are footfalls and the murmur of voices; but the place is huge enough to soften them all; and the roar of the traffic from outside creeps in like a soothing hum.

To see the interior of St. Paul's during a carol service or a performance of the St. Matthew Passion is to see that, on special occasions, it is positively not big enough to hold those who would flock to their Cathedral church. To see it at an ordinary week-day afternoon service is to guess what a boon it is to hundreds who somehow contrive to slip away from shop and office, from business and cares of this world, to seek peace and refreshment from the trivial round. Yet, perhaps more significant still are the number and variety of the people whom an hour or two of watching will reveal coming into St. Paul's when there is no service or any special call, at the times when, it would be loosely thought, there was no one there. Some of them, indeed, do not seem to know why they are there. They have drifted in, you would say. They have stopped to watch the pigeons; it seemed a pity not to go up that noble, that magnificent stairway to the dome; they entered—and they will never forget what they saw.

Others have come with a definite purpose. They are tourists, determined to see everything. They have a special desire to see, perhaps, Holman Hunt's famous picture, "The Light of the World." They are soldiers and must see Wellington's tomb,

HER FACE WAS COVERED WITH PIMPLES SHE GOT RID OF THEM BY USING BURDOCK BLOOD BITTERS

Miss T. Hunter, R. R. No. 2, London, Ont., writes:—"I wish to recommend Burdock Blood Bitters to all women who are suffering from pimples or any other facial blemishes.

About two years ago I was greatly troubled with pimples and sores breaking out on my face, and could get no relief until, finally, a friend recommended me to take B. B. B. This I did, and I am now glad to say that your remedy has given me a nice, smooth, clear skin, as it has eliminated all the impurities from my blood."

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or sailors shyly curious about Nelson's. They are artists or art-students, and they know that in the monument which Alfred Stevens designed for the Great Duke they will see one of the crowning achievements of English art, worthy of the place that it was meant to occupy in another crowning achievement of English art, the Cathedral of Christopher Wren. Or they are children, caring for none of these things, but all eyes for the adventure of climbing as high into air and getting down as far underground as they can—the whispering gallery, tie-ball and cross, the crypt.

There are great schools—St. Paul's, Christ's Hospital, Merchant Taylor's, the City of London, besides many smaller—which like to cultivate or to remember their old connection with the Cathedral Church of the City of London. There are many men who have been ordained in St. Paul's and many more who have been confirmed there. There are those who are proud of having been present there at some great ceremonial,

Rheumatism and Lumbago Are Banished by Dr. Williams' Pink Pills They Give New Vitality—and more.