

LILY WHITE Corn Syrup

For Preserving

Thousands of the best housekeepers have discovered that using half sugar and half Lily White Corn Syrup makes preserving more uniformly successful.

To start with, the consistency is bound to be just right from the very nature of the syrup; there is no danger of the preserves crystallizing; the syrup brings out the natural flavour of the fruit; the keeping quality is excellent and the preserves do not have the cloying sweetness of all sugar.

For better preserves, use Lily White Corn Syrup.

Sold by Grocers everywhere—in 2, 5, 10 and 20 pound tins.

The Canada Starch Company, Limited
Montreal



Gods of the Quiches

When the Spaniards conquered and cruelly mistreated the Maya-Quiche Indians of Guatemala, there grew up among them a superstition that some day their gods, Sicanpa and Cabran, would avenge their wrongs. The centuries came and went, but still the old superstition hung over the conquered people, who constantly prayed to the Great Spirit for a miraculous intervention to right their wrongs. These prayers, according to the belief of the faithful ones, have been answered; for three times the capital city of Guatemala has been destroyed by earthquakes. The first destruction of the capital occurred about 1541; the second on the 20th of July, 1773, and the third in December of the year 1817.

The first capital of Guatemala was built by the Spaniards soon after the invasion of the land of the Maya-Quiches by Don Pedro Alvarado, the favorite lieutenant of Cortes, who, about the year 1524, with 120 horsemen, 130 cross-bowmen and 100 men-at-arms, together with an auxiliary army of 15,000 or 20,000 natives, crossed from Mexico to Guatemala to conquer this land for Spain.

When the Quiches, led by their chieftain, Kincaob Tenab, saw an army of strange people, carrying unfamiliar weapons, moving toward their sacred land, they were so filled with terror that victory became an easy matter for the Spaniards. The great battle between the two forces took place on the plains of Quetzaltenango, the home of the gorgeously plumed quetzal. This sacred bird of Guatemala was the mascot of the Quiches, who believed that it constantly hovered over them and protected them in times of war. When the great battle was raging on the plains of Quetzaltenango, 3,000 feet above sea level, one of Don Pedro Alvarado's men is said to have killed the Indian's guardian spirit, the quetzal, and with the killing, says tradition, Kincaob Tenab's son, Tecum, fell dead at the feet of the Spanish commander. With a cry of terror the Quiches broke and fled. Thus Guatemala, with its superstitious inhabitants, came under the rule of the cruel, grasping Spaniards. Don Pedro Alvarado, being appointed governor of the conquered land by Charles II, began at once his reign of terror by branding with red-hot irons the Indians, and by selling them, like cattle, to raise funds to fill his own and his country's coffers. He set the enslaved race to work building his capital, Santiago de los Caballeros (Saint James of the Cavaliers). Cavaliers, which he located high up in the central plateau, in the beautiful valley of Almocongo, under the shadow of three volcanoes, Agua, Fuego and Acatanango.

From his palace in Santiago de los Caballeros, Don Pedro Alvarado ruled with great cruelty for a number of years. During this time he made frequent visits to Peru, Spain, from which place he went in search of the

Spice Islands. During one of these visits the governorship of Honduras was conferred upon him. Then, one day in 1541, his power was broken. He died, leaving his widow to serve in his stead. On the day that Don Pedro Alvarado's widow was to take her place as ruler of Guatemala the prayer of the Quiches was answered. The great mountain above the city began to moan, to rumble and to smoke. The people of Santiago de los Caballeros were full of terror. Suddenly Agua's cone was rent, and from its opening poured a flood of water, which swept everything in its course. When the waters subsided only a few tottering ruins remained. In one minute a city had been wiped out of existence. Thousands of people lost their lives, among them the unhappy widow of Don Pedro Alvarado.

Undaunted by adversity, the surviving Spaniards built another city, Antigua, four miles from the original site. Again the same persecution of the natives by the Spaniards took place, with all the iniquitous methods.

One of the most inexcusable acts of the Spaniards during the early centuries of the occupancy of Guatemala was the burning of precious Mayan manuscripts, which contained priceless records of Quiche civilization. The burning of these records has made it almost impossible to decipher the hieroglyphics on the numerous monuments and temples found in this locality.

The new capital of Guatemala, soon became a flourishing city. And round about this Antigua clustered 70 vil-

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lages, each under the special charge of a priest. In each of these villages was manufactured various articles of commerce—pottery, baked bricks, lovely baskets, carved wood and iron and woven garments. All the articles were under the special direction and supervision of the Government, and had to be sold to a central market in Antigua. The result of this ruling led to the making of excellent roads, which extended from the coast to the interior. Most of these roads were protected from the heat by shade trees, whose branches formed a roof over the road. Tribute money from the Indians and gold and silver from the mines poured into the coffers of Antigua. With the coming of immense wealth, the Spaniards satisfied their love of luxury and ostentation by surrounding themselves with beautiful things. From Spain they imported priceless paintings, carved ornaments and finely textiles to adorn their homes and their churches. Much ill-gotten wealth made Antigua the dream city of the tropics. But underneath this beauty lay a treacherous enemy. To him the Quiches still looked for succor.

On the night of the 20th of July, 1772, without warning, Fuego, belching forth fire and lava, destroyed lovely Antigua and covered the beautiful valley of Almocongo with darkness and death.

Again the few survivors of the calamity began to build a new capital. This new city they called Guatemala. This time they removed it 35 miles away from the treacherous volcanoes of Fuego, Agua and Acatanango.

Years mean change, so in time the land conquered by Don Pedro Alvarado was divided into small countries, each having its own particular form of government. Proximity and selfish interests were disturbing factors in their growth. A slow amalgamation took place between the Indians and the Spaniards. In time this mixed population threw off its bondage to Spain, and arose a free and independent people in 1821. In 1823 Guatemala became one of the little Republics of the United States of Central America.

The capital of the "Land of Trees" reflected in its life the checkered history of Guatemala. The fight for perfect independence and freedom from Spanish domination and Papal authority continued until 1873.

At last, after centuries of strife, there was built in the valley of Las Vegas a capital that was good to live

in and a delight to look upon; for enough of the old civilization existed to give color, picturesque and historical interest to a city that until recently boasted of its modern advantages.—Erie Seachrest, in Philadelphia Record.

Some Puzzles

What singer loves to praise? (Lander).
What singer suggests life on a desert island? (Caruso—Crusoe).
What singer invokes happiness? (Gluck).
What singer is part of a landscape? (Marah).
What musician likes the elevated? (Edman).
What composer suggests a conquered city? (Berlin).
What composer had a lofty studio? (Haydn—high den).
What composer was good to take hold of? (Handel).
What composer veered to one side? (Gluck).
What soprano voices joy? (Gay).
What soprano has military inclination? (Garrison).

Keep Minard's Liniment in the house

THE EYEBROWS

Give a Good Insight to Character.

It is now conceded that the Greek eyebrow is quite in accord with the conception of mere physical beauty in women. Like the rosebud mouth, it indicates the highest order of intelligence, and the arch is expressive always of greater sensibility and greater sense of character, says London Tit-Bits.

Scant growth of the eyebrows invariably denotes lack of vitality; on the contrary, heavy, thick eyebrows indi-

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cate a strong constitution and great physical endurance. They are not beautiful on a woman's face, however much they may signify either mental or bodily vigor, and when they are not only heavy, but droop and meet at the nose, they are disagreeable and are said to accompany an insincere and prying nature.

Romantic women usually have a very well-defined arch in the centre of the eyebrow, while a sense of humor is indicated in the arch nearer the nose. Long drooping eyebrows, lying wide apart, indicate an amiable disposition. Where the eyebrows are lighter in color than the hair, the indications are lack of vitality and great sensitiveness. Faintly defined eyebrows placed high above the nose are signs of indolence and weakness.

Very black eyebrows give the face an intense and searching expression; when natural, they accompany a passionate temperament. Very light eyebrows rarely are seen on strongly intellectual faces, although the color of the eyebrows is not accepted simply as denoting lack of intelligence; the form gives the key to the faculties and their direction. Red eyebrows denote great fervor and ambition; brown, a medium between red and black.

Minard's Liniment used by Physicians
"Tried your new auto yet?" "Yes; had a fine ride." "Get yet?" "No; no so far as the cop. That's where the 'fine' came in."—Boston Transcript.

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Send name and address for new "War-Time Cookery." This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

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TORONTO, CANADA

Worth Remembering.

Cold boiled cabbage may be baked in a dish in alternate layers of white sauce, sprinkled with grated cheese. Good!

One teaspoonful of baking soda in a pint of water makes a good wash for plants covered with insects.

A very simple and good remedy for weak, tired eyes is to open and shut them several times in warm, salt water. Do not have solution too strong. They will also tend to brighten the eyes.

You can keep nickel ornaments on a range bright with ammonia. Nickel should be rubbed up every day to keep it looking nice.

When using salt to remove stains from silverware, the salt should be melted and a strong solution applied, otherwise you run the risk of scratching the silver.

To take iron rust out of white goods, cover with table salt and saturate with lemon juice. Expose to the sun till stain disappears. If badly rusted, you may have to repeat the process.

An Epsom salt bath is said to be good for women who are nervous and have any kidney trouble. Dissolve two pounds of the salts in a bathtub of water and stay in the tub 10 to 15 minutes, soaking. Water should not be too wet. Take a good rest afterward.

Minard's Liniment Lumberman's Friend.

A SUCCESSFUL AVIATOR

Something About the Temperament of a Flier.

What type of men does "the air" produce? The London Lancet has made some inquiries in this direction, and published a paper by "a pilot of 600 hours' experience" and a medical officer at a flying field. Their conclusions are as follows:

"The mark of the successful aviator is the possession of a suitable temperament. He has, as a rule, a fond of animal spirits and is athletic. He possesses resolution, initiative, presence of mind, sense of humor, judgment; is alert, cheerful, optimistic, happy-go-lucky, generally a good fellow, and frequently lacking in imagination. His amusements when off duty are 'theatres, music (chiefly ragtime), billiards and dancing, and it appears necessary for the well-being of the average pilot that he should indulge in a really riotous

evening at least once or twice a month." As for the "fighting spirit" as distinct from the ordinary aviator, he may be described as the same, only more so. He is full of the joy of life, has "little or no imagination, no sense of responsibility," and "very seldom takes his work seriously, but looks upon 'fun-stuffing' as a great game." Oddly enough, it is—so these critics affirm—better that he should "know little or nothing of the details of his machine or engine." No exhaustive knowledge of mechanics seems to be desirable. In this perhaps because it is necessary that his flying apparatus should become part of himself? He is constantly obliged to give his attention to something other than the conduct of his airplane, which becomes subconscious. A fit man upon a fit machine should apparently not be preoccupied with the state of his body or its mechanical adjuncts.

"Being absorbed in the interest of their subject, and anxious to compare their observation with that of others in a good position to judge, the aviator and the doctor issued a questionnaire to fully qualified pilots and found their own conclusions marvelously confirmed, many of their points being very strongly emphasized. For instance, a very large number of those who replied to their questions as to the mental make-up

At the Yarmouth Y. M. C. A. Boys' Camp held at Tusket Falls, in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOCKES,
General Sec'y.

of the successful aviator declare lack of imagination to be essential. In slightly different words, one aviator after another enumerates this negative requirement. 'Very little imagination'—again and again we read the same thing all down the list. One witness is very concise, and declares the two essential characteristics to be simply (1) lack of imagination, and (2) endurance." It is not easy to be quite sure what they all mean by lack of imagination, but other phrases of a similar kind may throw light upon the matter. An aviator should show, we read, "abandonment of care," and the words "happy-go-lucky" and suggestions of irresponsibility are constantly repeated. Does "imagination" mitigate against a light heart? We suppose that it does.

"The aviators who fall—i. e., who begin well and do not finally make good—are those who cannot stand loneliness. They have pluck enough, they can stand any danger in company with an instructor, but 'solo' flying is too much for them. As soon as they begin to fly alone they are constantly faced with a terrible choice. They must fly too low for safety or go up and chance getting 'lost' behind a cloud. This getting 'lost' seems to be of frequent occurrence and no especially grave danger, but one can well understand that a man of 'imagination' could hardly bear it in solitude."

The man who is the architect of his fortune saves the fees.

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DISMAL SWAMP.

Would Be Very Valuable, If Drained.

Dismal Swamp, which lies just south of Norfolk, Va., partly in that state and partly in North Carolina, is one of the most picturesque wildernesses in the eastern United States. Although it may be reached from the busy port of Norfolk within a few hours by a boat which plies daily up and down a small canal, the Dismal Swamp remains an unspoiled wilderness where black bears and panthers still roam, while the smaller creatures of the wild exist in abundance.

The thick jungles and bottomless bogs of once offer perfect hiding places for the wild things and obstacles to the hunter which are often impassable. Then, too, the swamp is alive with snakes—the deadly copperhead and moccasin being especially abundant—and this fact alone detracts considerably from the popularity of the place as a pleasure resort.

It is nevertheless regularly visited by some hardy hunters and is the delight of naturalists and scientists of all kinds, who here find what they most love—unspoiled, primitive nature.

The Dismal Swamp has great possibilities of future usefulness. In the first place, it contains some of the deepest and richest deposits of peat in the United States, and this fuel is undoubtedly to be used in this country in the near future. Furthermore, engineers say that the swamp can be drained, and that it will then become one of the richest bits of farmland in America. Indeed, one man has already demonstrated this by draining a few hundred acres of the swamp and raising phenomenal crops on it.—Chicago Daily News.

Ask for Minard's and take no other.

SAFE.
"I know a perfectly safe place for your glassed ring, mother."
"Where?"
"On Bud's fingers."
"Why, he'd be sure to lose them."
"No, he wouldn't. You'd never be in any danger of Bud taking them off to wash his hands!"

Happy the death of him who pays the debt of nature for his country's sake.—Cicero.

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BUSINESS CHANCES

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WIDOWER, AGE SIXTY, STRONG and active, Protestant, good references, owner of good farm and other means, desiring companionship, would like to meet middle-aged lady, having about equal means. Any letter of inquiry will be forwarded in strict confidence, addressed A. B. C., c/o Hamilton Newspaper Union, Hamilton, Ont.

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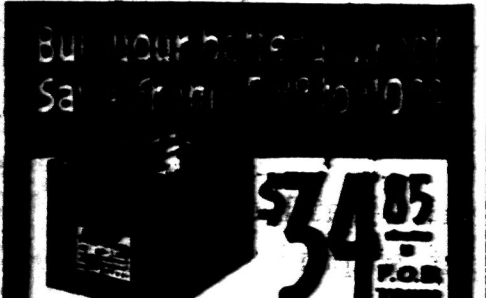
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