n Visit Canada This Autumn and Winter.

is a widespread belief among est men that the epidemic of la or influenza, which swept over rid last year, will again appear made during this autumn and s winter. This dangerous trouspares neither age nor sex, but it sturally finds its easiest victims mong those who are run down in ealth, or those whose blood is weak and watery, and it is among the later class in which the greatest number of fatalities occur. The surest way to prevent an attack of this led trouble is to keep the blood teh and pure, and the safest and best way to do this is through the use of Dr. Williams' Pink Pills.

No reasonable precaution to avert an attack of influenza or la grippe uld be spared. The disease itself deadly, but its after-effects, among se who are spared, make the life of the victim one of constant misery. Ask almost any of those who have been attacked by influenza what their present condition of health is and of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart, and a tired feeling after even slight exertion. This is due to the thin-blooded sition in which la grippe almost always leaves its victims after the fever and influenza have subsided. They are at the mercy of relapses and complications, often very serious. This ndition will continue until the blood is built up again, and for the purpose of building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. From first to last dose these pills make new, rich blood, which reaches every organ and nerve in the body. Thus the lingering germs are driven out, and the weak, despondent victims of influenza are transformed into cheerful, healthy, happy men and

But better still, you can put yourself in a condition to resist an attack of influenza by enriching the blood through the use of Dr. Williams' Pink Pills, and this, it seems, is the sensible thing to do at once.

Dr. Williams Pink Pills are sold by all dealers in medicine or will be sent by mail at 50 cents a box, or six boxes for \$2.50, by The Dr. Williams Medicine Co., Brockville, Ont.

## **ORKNEY ISLANDS**

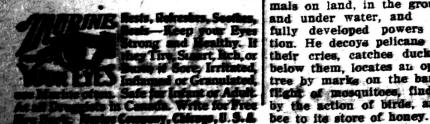
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Just over a thousand years ago there was much stir in the waters round the Orkney Islands; much going and coming of strange high-prowed ships; sudden setting forth, in the first dawn, of many boats filled with armed men, and then, after many weeks or maybe months, equally suden returnings with the spoils of victory. For the Orkneys of those days the northern seas, as the stronghold When they were laid divers fastened of the Norse pirates, the Vikings, or to the end of each 120 feet of flexible creek dweller." The Orkneys provided them with all the creeks they needed; a hundred narrow channels, on the sea bottom, where its position who did not know every inch of the the hoe by a tout chain. way, was almost 'impossible; landlocked waters, like Scana Flow which ships could ride at anchor in complete security, even when the "sou-wester" was churning up the Pentland firth; and islands, islets, and rocks aplenty round which a boat could

Now, the lie of the land and sea is always much of the same in the offers it makes for this purpose or that. The site for the city, the port, or the stronghold has always remained obvious through the centuries. So the Orkneys, which the Vikings found so wall adapted, in the ninth century, as the headquarters for their raids over the North Sea from Iceland to the northern coasts of France, and from Norway to Ireland, the British Government found well adapted in the twentieth, for the greatest patrol work which the world has ever seen, over practically the same waters. Moreover, when the question arose as to inland water large enough and secure enough to intern a great fleet of warships, the British Government naturally bethought itself of Scapa Flow, in the Orkneys, around which, although little has been build up, during the last or years, a world of activity of which the Viking never dreamed.

It is a question, however, whether the Orkneys are more talked about. even to-day, than they were in the Viking days, especially in those days, toward the end of the ninth century, when the depredations of the Norse pirates, from their stronghold in the orthern isles, were fast becoming inrable and Harald Haafager, King of Norway, determined to put an end to them once and for all.

The story of it is as thus. Previous to Harald's day, Norway had been split an into various little kingdoms. Some-, one king would be more powerthan others, and would annex ne smaller neighbors, but these anis were never permanent, and tendency always was toward a plitting up again into component Harald, however, ascended the rone of his kingdom in southern way with the initial advantage of t having any brothers to provide for. wited the whole of the kingdom, when he had firmly established



himself, commenced enlarging his borders. This he did with such cuscess that, ultimately the whole of southern Norway came under his rule. Nowhere did he meet with any serious resistance, until he attempted to attack the famous Vikings, whose strongholds were in the islands off the western coast. Here, however, he was confronted by a strong confederation. The western Vikings had, during many years, grown rich and powerful from their piratical raids on Britain, and, knowing Harald a determination to put down piracy, they opposed him with all their might. Har-ald, however, was determined to make an end. It was impossible to attack them by land, and three years elapsed before he was able to gather together sufficient ships to carry through his great enterprise. But, at length, everything was ready, and in the great sea battle of Hafsfjord, in 872, A. D. he completely overcame the western Vikings, and with this victory all op-

position in Norway was at an end. From the western islands his ships then sailed across the North Sea to the Orkneys, and victory once more again was his. The Viking hordes were driven out, forced to take refuge in Iceland, and the Orkneys and their neighboring group the Shetlands, became an appanage of the Norwegian erown. They remained under the rule of Norse earls until 1231. In that year the earldom of Caithness was granted to Magnus, second sond of the Earl of Angus, whom the King of Norway apparently confirmed in the title. Then, in 1468, came the last notable change in the history of the islands, when the Orkneys and the Shetlands were pledged by Christian I. of Denmark for the payment of the dowry of his daughter Margaret, betrothed to James III. of Scotland, The money was never paid, and the connection of the islands with the crown of Scotland became perpetual.

In the days before the war, the Orkneys and the Shetlands seldom obtruded themselves on public notice, save on one occasion of a general election. Then everybody was sure to hear of the difficulties of electioneering in this strange constituency; and of how the two candidates went from island to island, under all sorts of untowars conditions, to lay their views before the electors, "Orkney and Shetland." morever, always lags behind in the matter of making its views public, for, in a general election, the returns from this constituency are never known until fully two weeks after the result in every other constituency in the United Kingdom has been recorded.—Christian Science Monitor.

#### UNDERSEA OIL LINE.

How Tankers Load at Tuxham, Mexico.

Many of the most productive oil wells in the State of Vera Cruz, Mexico, are eituated near the port of Tuxpam. For some distance from the shore the water there is so shallow pam. For some distance from the that few of the large oil steamships can get into port. The oil companies hit upon the idea of laying submarine pipe lines to points where the largest oil tankers can be conveniently moored for loading in any state of tide and weather.

There are now five of these great iron pipes in duplicate. They are from six to eight inches in diameter. and four of them are nearly a mile long. They terminate in forty-three feet of water, where it is so deep that were noted, far and wide, throughout the waves have no effect upon them. hose. When not in use the free end of the hose is closed and allowed to lie too, through which pursuit, by those is marked by a mall buoy attached to

> When tank steamships arrive they moor themselves to the permanent buoy with a derrick, raise the flexible hose to the deck of the ship and attach it to the tank openings. By means of a signal code, the captains of the ships notify the pumping station on shore, in which are the valves that control the flow of oil through the pipe line. Generally speaking it takes about twenty-four hours to load one of the large 15,000 ton tankers. which means that the pipes deliver 4,375 barrels of oil an hour.

#### Very Quartelsome Neighbors

Names of the parties are Corns and Toes both were unhappy till the trouble was remedied by Putnam's Corn Extractor. Any corn goes out of business in 24 hours if "Putnam's" is applied—try it, 25c at all dealers

#### Impurities in Coal.

A suggestion has been made by one of the large anthracite coal operators that they be permitted to increase the percentage of impurities in the coal by 2 per cent. more than the present standard. This means that 1,500,000 additional tone of slate would be sent to market. To transport this increas-ed amount of impurities to market would require about 40,000 railroad cars, necessitating from two to ten weeks for its delivery. The Bureau of Mines has estimated that the coal mined in the United States, in 1917, had an increase of 5 per cent., as an average, in the amount of ash, taken for the whole country. Also, that this increase in ash content meant an additional loss of 171/2 per cent, in the efficiency of the power plant. Furthermore, in some of the mining districts there was a much higher increase in ash than is indicated by this average. As we mined and shipped 544,000,000 tons of coal in 1917, some 27,000,000 tone of this amount were inert material.

## Hunter's Secret of Success.

As a hunter the native Australian is marvelously adjusted to the environments. His success lies in an inti-mate knowledge of the habits of animals on land, in the ground, in trees and under water, and his wonderfully developed powers of observation. He decoys pelicane by imitating their cries, catches ducks by diving below them, locates an opossum in a tree by marks on the bark or by the flight of mosquitoes, finds enakes by by the action of birds, and follows a

# The Winged Pencil

literary, and when his father died he joined the staff of a Paris newspaper. Between the editor and himself there was one point of disagreement always-Franz Schultz.

"He is my friend," Marnet would say warmly, defending Schultz, "C'est un brave homme."

"The only good Boche is a dead You are young and generous. You do thickish blue pencil tumbled out at for Mariette. It was what I wrote with not remember '70. You have not lived in Berlin. It is a generation of vipers. The man's name is Schultz. That is enough."

But Marnet stuck to his friend. Their ond of union was chiefly chemical. invention, for which Marnet had an hereditary talent.

Henri Nadeau was the most consistent Germanophobe editor in Paris. He had lost his father in the war of 70, his mother had died of her privations during the siege of Paris, his own four years in Berlin at the correspondent of the journal he now directed had not been happy—though they had been instructive.

Clearly Nadeau saw what was to come. And even since his return to went out. Paris, when he had opportunity, and when he had not he made it, he raised his voice against the Boche, and warned France that she norished traitors is hard! And sour." in her bosom. But in those days the warnings fell on deaf ears.

Then came Armageddon. Marnet, going to call upon Schultz when the hours were big with events, found that he had left for Germany a week before.

In point of fact, almost at the hour when Marnet and Nadeau were having this conversation, Franz Schultz was cheering the Kaiser's speech on the eve of war. He had already been three days at work in an explosive labora-

sadeau's paper came over the fron-tier with the others. It was full at first of the Chasse aux espions and need of swift internment of every German. Then it began a campaign against enemy businesses. Te soldier's pen grew more trenchant daily. In his Berlin days Nadeau had made

enemies—almost gladly. One of them was now in a position of petty power. He held strings or the Secret Service. Von Bessermann had always hated venir." the Frenchman since he turned the tables on him in a cafe squabble. Each new article he read now raised him to fresh rage. Nadeau had a place of kind." honor on the list of hostages to be taken on the entry into Paris. But Paris had not fallen.

One day he rang his bell furiously. "I want to get rid of this editor," he said. said, tapping the paper in his hand. Find somebody who will be useful. Germany's espionage organization has earned deserved praise. In the course of the morning it had discovered (1) that Marnet was on the staff of Nadeau's paper. (2) that Franz Schultz was his friend in Paris, (3) that Schultz was in a Berlin labora tory. This connection methodically established, Schultz received a summons to Von Bassermann's office. Von Bessermann explained.

"It will not be difficult." Schultz.

"Good. I leave it to you." "I have a little invention. I shall want someone to introduce me." "Whom do you wish?"

"A friendly neutral who will go to Paris and carry out my instructions." Von Bessermann rang for his secre-

Dynheer," said the secretary. "Arrange it, and report." and the secretary left the room.

Jan van Dynheer, late George Kurz, travelled with a stock of bona fides that sufficed to get him comfortably over the frontier and into Paris. He slept at a "friendly" hotel and next day called upon Nadeau at his office.

The errand boy he came upon almost always served to get access to Nadeau. "A neutral from Berlin." he said to Marnet. "Aha! let us hear what this one has to say. Show him

He came in with the most plausible air. He told Nadeau just what Nadean wanted to hear, and showed a good deal of skill in his moderation. There was bitter disappointment in Germany, he said, that the army had not kept its dates.

'And that is in our calendar."

Felix Marnet took his diploma in less blindly Germanophobe than Na-science to please his father, who was desu, fest vaguelly distrustfus. For no a chemist. But his ambicious were reason in the world but his intuitions, he decided the man was a liar, and Nadean's time being wasted. But

that, after all ,was Nadeau's affair. "I brought a piece of the German war bread," said the Dutchman presently. "Show me," said Nadeau, rubbing

his hands. Van Dynheer pulled a packet out of Boche," Nadeau invariably replied his pocket carelessly. A knife and a the same time.

> Marnet picked up the pencil. "I will tell you something about that in a moment," said the Dutchman. "Voila, M. Nadeau"-he unwrapped the packet-"this is what our Boche friends have to their fat stomache with now. Marnet began to write with the pen

cil. "It goes well," he said. "Take care," said Van Dynheer suddenly. "The lead breaks easily." "He will not break it," said Nadeau "A handwriting like a fly's .The printers complain much.

Marnet rang a bell and handed the girl a note. "For the concierge," he "Parfaitement," said the girl, and

"Eh, bien!"-Nadeau raised the bread to his lips—"let us taste this famous war bread. Mon Dieu, but it "It is not pleasant. And already the

poor in Germany have nothing else. Here you have much food." "For the moment enough, n'est-ce pas?" Nadeau smiled in a grateful

"And taxi-cabs with rubber wheels. There is no rubber for cab wheels in Germany. She is at her wits' end for rubber. But I have an appointment, I have interested you, I hope. You would like to keep the bread?" "A good souvenir. You are very

"And the pencil?" said Marnet. "Ah, yes, the pencil. A curiosity. The case is one of metal so that it is indestructible. And when you have finished writing you may set it down so and -observe-it remains standing. One can see it always on the desk. It is not buried -eneath papers." "And always one's pen is buried beneath papers," said Nadeau.

"Bais, Monsieur," said the Dutchman. "I leave it with you. As a sou-Nadeau protested. But the Dutchman was insistent. "Eh, bien! I accept it. You are very

Van Dynheer bowed. "For your next encounter with the Boche," said.

"I shall break the lead," Neadeau "So much the better." Van Dynheer appointment. Good-bye.

Nadeau went to the door with him and, as he returned, "That is a most interest man he said to Marnet. 'One should always receive such." "For me," said Marnet, taking it "his pencil is more interesting."

Why is that?" "Because it is a little invention of my own. About Schultz, you are right. And I owe you an apology. "You speak in riddles."

"I will explain. As you know, dabbled in chemical inventions. I was also interested in antateur theatricals. There was a a little sketch of mine called 'The Vanishing Pencil. Well, this does not vanish. It stays just where it is. That is its peculiar-

"Wait. +There was an editor in the sketch who had such a pencil as this. "There is Kurz, that is to say, Van He wrote with it, broke the lead. Then he set it down, and it stood just as I

stand it now. "And after?" When in a little while he went out and came back, the pencil had vanished. It flew out of the room-into the

wings. "A doubly winged pencil. For winged words-how useful!" "But do you know what lent it wings?"

"A little explosive."

"Mon Dieu, you would say that--"Precisely. See," he jerked the end an inch thick. It the lead with his fingers, A couple of inches came out clean. Now look. You see there is a glass — a tube. There is something in the tube. You observe—a—liquid—— "Heavene!"

"M. Henri Nadeau came down to his office one morning, for the next in a chopping bowl. Cover the chopp-"The day of victory is the only day encounter with the Boche." M. Henri ed material with sufficient mayon-worth troubling abaut." said Nadeau loss not write as a fly. His naise to give it the proper consistency Nadeau does not write as a fly. His naise to give it the proper consistency hand is heavy upon the Boche and for spreading. Trim the crusts from "Presently," said Van Dynheer. upon his pen. And the lead breaks. the buttered bread and put in a sub-Marnet, no longer Germanophile, but And the glass breaks, and the liquid stantial layer of the filling.

merges. And there is a celluloid tube below the glass one with quite a lot of explosives. And when M. Henri Nadeau takes another pencil, leaving the other standing by his side, goes on

"There -5-"There is presently no longer M Henri Nadeau. Recollect that the casing is metal-steel painted over. That

would make it quite sure." "What a villain. But fools, while we talk, we let him go! The telephone bell rang. Marnet

took up the receiver. "Good," he said listening, and again, good." "Good, good good," cried Nadeau.

But you lose the precious seconds. The murderer-"Patience, my friend," said Marnet, replacing the receiver. "They have just arrested him. It was why I rang the pencil and gave her. Ah! the good Schultz. He was foolish to copy my pencil so slavishly. I knew it at once. And the weight and Van Dynheer's fears-how ! scared him-confirmed me. If I had broken the lead and set the good pencil down for the sulphuric acid to trickle! It would not have been so easy to get away in time. Now let us go down to Herr van Dynheer. We

shall take the pencil. It will be use-As they went out of the room together. Marnet said. "Schultz played the Editor in my sketch, you know. He used to watch me making these

pencils. And Von Bessermann has not yet had his report, and Nadeau's pen is more trenchant than ever.

#### Simple Pleasures Best.

How sweet and wholesome are the leasures that go into small roomthe humble, simple accustomed sights and sounds that bring the soul at once into the open air. — Henry Ward Dr. Flores's Molicines, knowing how good they

### Timely English Recipes

There is a knack about making really good, appetizing sandwiches. One of the most important things to be considered is the bread. Any kind may be used, depending on the kind of filling put in. For the very best sandwiches, however, it should be at least one day old and should be cut into the thinnest possible slices.

After the filling is in, the crusts should be trimmed off and the sandwiches cut, either in strips, triangles, halves, or in fancy cookie shapes. Should the sandwiches not be wanted for immediate use, they should be wrapped in a clean, dampened cloth and put in a cool spot until needed. A list of the very best-known fill-

ings would include (1) cold meats, such as ham, veal, roast beef and lamb, laid on the bread in very thin slices with a leaf of lettuce, or finely chop ped and worked with sufficient mayonnaise, cream or butter to form a smooth paste; (2) cheese; (3) jam or marmalade, and (4) salad, as lettuce or watercress, covered with a thin layer of mayonnaise.

CREAM OF CHICKEN SANDWICHES One-half cupful of white chicken meat, one teaspoonful of gelatine, onehalf pint of whipped cream, one cupful of milk, seasoning of salt, buttered white bread. Dissolve the gelatine in two tablespoonfuls of cold water. Pound the chicken finely and add the liquid gelatine and salt to taste. Put over the fire and stir until it begins to thicken; then remove from the fire and add the cream, previously whipped, a little at a time. Stand away to cool, and when very cold, spread on thinly cut, buttered bread. BROWN AND WHITE SANDWICHES

Boston brown bread, white bread, creamery butter, chopped olives, celery salt, finely chopped red peppers and olives; work to a paste. Cut the brown and white bread into thin. even slices, and trim off the crusts until the pieces of bread are of the same size; then spread on the butter. Place the slices alternately, first a white and then a brown slice, until you have five layers. Press these down firmly but evenly and with a sharp knife cut down slices about half

PEPPER SANDWICHES.

Three green, sweet peppers, three hard-boiled eggs, small cupful of mayon aiser thin slices of buttered bread. Run the peppers and the eggs through the meat chopper or chop them finely





Pierce's Favorite Prescription.

Send 10c. to Dr. Pierce's Invalids' Hose. Buffalo, N. Y., for trial package.

prestration and was completely down and out.

I was so had the dectors considered mine a hope I was so had the decture considered mine a sope-less case. I was might discouraged and was-ready to give up when I begin taking the 'Favorite Prescription' and the Golden Medical Discovery.' These medicines put me on my fast again and gave me the saily vial relief. Baing a nurse I have resummended Dr. Pierce's Medicines to many, especially the 'Favorite Prescription.' I knear of many a young mother to whole I have recommended. 'Favorite Prescription' that has been wonderfully belond.

CHRIST'S HOSPITAL.

The Quaint Old School in Newgate Street.

"The old school in Newgate street, founded in 1552, and sacred to the memory of Charles Lamb, Samuel Paylor Coleridge, Leigh Hunt, and many other distinguished men, was built on the cramped site of an ancient monastery. The new school at West Housham occupied one of the finest sites in Sussex. Picture vast spacious buildings, grouped at intervals round the wind-swept play-grounds, a large tuck-shop and plenty of sunlight and air; then go to Newgate street, and you will realize how the Blue-Coats have prospered." Thus did the retiring headmaster of Christ's Hospital summarize, recently, the past and present of the famous Blue Coat School. It is all true, of course, No one who travels down to Portsmouth, say, from London, and looks out of the window as the train rushes through West Horsham, and takes note of the glorious playing fields of the new Christ's Hospital can fail to agree with Dr. Upcott that the Blue Coat boys have, indeed, prospered. And yet, although the new Christ's Hospital is tremendously engaged in making history and, during the past few years, with its thousands of Old Blues who have served story of Christ's Hospital still centre round Newgate street. It does so, be haps the more perfectly because t story of its 350 years in Newgate street is a closed book. The famous buildings, is a closed book. The famous buildings, "the much-loved cloisters pale" of Coleridge's memories, the Hall, the Counting House, the Mathematical School have not "adapted to other uses." have been swept away, and so are preserved in history as the school left them.
As a matter of fact, Christ's Hospital. was ever used to changes. The authorities never hesitated to pull down a building and put up another in its place, if the Thus the famous Erasmus Smith School associated so vividly with Lamb, Coleridge and Hunt, was pulled down in 1796, pense of another Smith. John by name. So, as one writer justly remarks, it was in Erasmus' and not John's building that Coleridge "enjoyed the inestimable advantage of a very sensible, though at the same time a very severe master, the Rev. James Bowyer"; there Charles Lamb learned nothing, because his mas-ter, Matthew Feilde, "was engaged in ter. Matthew Feilde, was engaged in gay parties, or with his courtly bow at ome Episcopal levee, when he should have been attending on us." and there Leigh Hunt's "grammar seemed always to open at the same place." Feilde "languidly bearing his cane as if it were a lily, and hearing our eternal Dominuse fable endurance." And so when the Charity Commission ers just upon twenty years ago, taking note of the enormous value of the site

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in Newgate street, and considering all that could be done with the proceeds of its sale, to say nothing of the manifest advantage of moving the boys out of the city into the country, secured the royal consent to the great change. Christ's Hospital acquiesced with better grace, perhaps, than might have been expected Two years later the exodus had been ac-complished, and the great army of boys. o long familiar in the city, in their long blue coats, leather belts, yellow stock-inks, white tuckers, and with hatless heads, had moved to West Horsham. It was just 350 years before this happened, namely, in 1552, that the boy King Edward VI., being greatly moved by "Maister Doctor Ridley," then both consulted with "two aldermen and six Com-moners," and, as a result of it all, it was decided that "the House of the Friars must become a hospital for fatherless children and other poor men's child-ren, who could not find meat, drink, clothes, lodging and learning, and offic-ers to attend upon them." The very same year, about 300 children were reeived into the new house, whiist a hundred others were lodged out in the country, and ever since that time Christ's Hospital has, with varying efficiency and under changing regulations, been carrying out its mission. It has passed through its evil days, and its periods characterized by bitter harshness and neglect, but all that is left far behind. and it maintains, to-day, as it has meintained for so long, its proud position as one of the best schools in the United Kingdom.

Truth is the highest thing that man may keep.—Chaucer.



The terrible tale of the tank-trained taxi man!-London Bystander