

\$2.00 in cash prizes

Many people have discovered that 2 in 1 Shoe Polish is good for other things than for shining shoes. For example—

- 2 in 1 BLACK—Good for polishing motor cars; removing suit cases, kodaks, black gloves, rubber, hats, etc.
- 2 in 1 WHITE—Good for cleaning brass, stains in white skins, white kid gloves, auto tires, etc.
- 2 in 1 TAN PASTE—Good for polishing furniture, hardwood floors, etc.

For the Best List of New Uses for 2 in 1, We are Awarding Cash Prizes as Follows:

1st award \$500.00—for the most acceptable list	20 Prizes of \$15.00—for the next twenty
2nd " 300.00—for next best list	50 " 5.00—for the next fifty
3rd " 200.00—for third best list	50 " 2.00—for the next fifty
10 Prizes of 25.00—for the next ten	100 " 1.00—for the next 100 lists

Try to find new uses for any of the 2 in 1 Shoe Polishes, either black, tan, or brown paste, white cake or white liquid, black or tan combination.

Write on one side of paper only. List uses according to colors. Awards will be made according to decision of special committee, and payment made on or before October 1st, 1922. All lists submitted to become our property. Address:

Prize Editor,
F. F. DALLEY COMPANY OF CANADA LIMITED,
HAMILTON, CANADA.

THE MYSTERY OF THE GREEN RAY

By William Le Queux

CHAPTER XVI—(Cont'd.)

Not a sound greeted my expectant ear, save the incessant rumble of the falls. Then as I turned my attention to the house itself and looked down the course of the burn to Glasnabinnie, I could scarcely suppress a cry of astonishment. For there below me, moving to and fro between the house and the hut, was a constant procession of small lights, like a slowly moving stream of glow-worms, twenty or thirty yards apart. I was rooted to the spot. What could it mean? Was this another weird natural manifestation, or was it, as was much more likely, a couple of dunder-headed fellows, and what else besides? Men don't climb up and down steep watercourses in the night for the sake of giving an impromptu fireworks display to an expected visitor. I took my gun. There was only one thing to do, and that was to investigate the matter and chance what might happen to me. I crept down to the hut, and lay on my face among the heather and listened. Here and there a mumble of voices, now and then a subdued shout, apparently an order to be carried out by the mysterious light-bearers, broken occasionally by the shrill cry of a gun, conveyed nothing to me that I could not see. I looked up at the hut. No, there was no one there, and the windows were not screened, because I could see the moonlight streaming through the far side. Yet, surely, the hut must be their objective, I thought. Where else could they be going to? Fascinated, I crawled on my hands and knees till I could touch the walls of the small room by putting out my hands. I heard a faint commotion coming, it seemed, from the very ground beneath my feet.

CHAPTER XVII

Some Grave Fears.

"And now, as the reader will readily understand, I must continue the story as it was afterwards related to me. Myra, the General, and Dennis sat up and waited for me till the early hours of the morning, but I did not return. The young people did what they could to assure the old man that my sudden and unexpected disappearance had been entirely voluntary, and that I had found my way out, and was on his way to the landing-stage. When I failed to put in an appearance at breakfast-time, however, even they began to be a trifle alarmed, but they did their best to conceal their fears. They secured the hillside and then went down to the landing-stage. Dennis had reported the previous night that the motor-boat was still in its place when he saw Hilderman off, and that he never occurred to Myra that I might make my departure in the Coch-a-Bordhu.

The searchlight must operate through a trap in the wall of the hut just below the floor, and further in, forgetting my danger in the intoxication of sudden discovery. Only a foot or two away from me a man was working on the searchlight. Carefully taking it to pieces, he was handing the parts to another man, who was perched on the scaffold below him. He was so close to me that I could hear him breathing. I was about to wriggle back to safety when he looked up. He gave a sudden loud shout. I lay there fascinated. After all, I thought, before they can reach me I can slip out and edge round the hut, and get away on the shore. As the man shouted, and the others left their work to see what was the matter, Fuller dashed out from beneath the platform, gave one terrified look at who and flung himself against the wall of the cavern, threw all his weight on a rope which dangled there. I scuttled to my feet, intending to make a bolt for it. But the boards shivered beneath me, and before I could realize what was happening, I found myself hurtling through the air to the floor of the cavern below.

"I suppose he took that to put Hilderman off the track," Myra mused, and declared that it was probably quite safe. "Do you really believe he's gone to look for our friend Von What's-his-name's yacht or his house at Loch Duich?"

Dennis clutched at the opportunity this theory gave him to ally her afterwards. Myra was not very confident about it either. Dennis knew me well enough to know that I should never have set out with the deliberate intention of stopping away overnight without leaving some more definite message for my fiancée. However, their thoughts were speedily diverted, for they had hardly reached the house before a strange man made his way towards them through the heather.

Fighting Germs.

In their great realm of Nature every creature preys upon its fellows. Even microbes, the tiniest living things that the most powerful microscope enables us to see, are, for their size, as voracious as the most savage lions.

And now comes an amazing discovery made at the famous Pasteur Institute in Paris. Microbes themselves are attacked by germs, and finally killed by creatures so vastly smaller than their own bodies that we can never hope to see them, however much the microscope is developed.

These creatures—ultra-microbes—can be isolated, bred, and strengthened until they are ready to fall like an avenging host upon the germs of disease. Once research has enabled us to enlist as allies the toteming battalions of these tiny friends, we shall be able to wage a relentless war on sickness.

When, for instance, we are able to turn loose the ultra-microbe of typhoid fever into suspected water supplies, one of our worst scourges will become a thing of the past.

Aburdities of Instinct.

Instinct sometimes leads animals and insects to do oddly useless things. In a Naturalist in Himalaya, Capt. R. W. G. Hingston tells this story, which illustrates the power that instinct can have over an insect:

A sheet-building spider, he says, was waiting for visitors at the entrance to its tube where the shell of a fly that had long been dead was lying, when a stinging wasp came and engaged its feet in the web. Though the sheet-building spider is armed with fangs and poison, it is by no means valiant and ordinarily will not fight with an angered wasp. When the spider felt the web vibrate it darted forward at once, but, seeing the wasp sprang swiftly back.

But the presence of the wasp seemed to have roused the spider's instinct to capture something. Again it darted forward, this time to sink its fangs deeply into the fly it had long ago cast aside.

Dye Old Curtains Sweater or Skirt in Diamond Dyes

"Diamond Dyes" add years of wear to worn, faded skirts, waists, coats, stockings, sweaters, coverings, hangings, draperies, everything. Every package contains directions so simple any woman can put new, rich, fadeless colors into her worn garments or tapeteries even if she has never dyed before. Just try Diamond Dyes—no other kind—then you'll see why they are guaranteed not to streak, spot, fade, or run. Tell your druggist whether the material you wish to dye is wool or silk or whether it is linen, cotton or mixed goods.

Rosewood is a commercial term used to describe dark-colored woods of many distinct varieties of trees.

A Trained Agronomist.

Farmer A—"So your boy's got home from college. Does he take any interest in the farm?"

Farmer B—"He's beginning to. He's been showing me where we could have a fine goat course an' how easy 't would be to turn the barn into a garage."

Household Hints.

If you have a damp closet place a sauciful of lime on a shelf, and renew this every two or three weeks. If the closet is very damp renew every time it becomes slack. This not only stops dampness but lends a good odor to the closet.

To remove threads from the carpets, dampen your broom and sweep with the grain of the rug or carpet very lightly. You will find by doing this that every thread will roll up and come off very easily. Dressmakers, especially, will appreciate this.

If you are so unfortunate as to have your oil stove "draw up" and scatter a coating of soot over everything, remember to take a dry cloth to remove it and it is wiped off as easily as dust, leaving no traces.

If you spill grease on the floor dash it instantly with cold water and the grease will not soak into the wood, leaving a bad stain.

Victrola toilet soaps can be made at home by mixing any good toilet soap,

Proper Pride.

Jones had bought a horse, but after closing the deal he was not exactly satisfied with his purchase.

"There is just one thing I don't like about this horse," he said. "She won't hold her head up."

"Oh, that is only her pride," said the dealer. "She will when she is paid for."

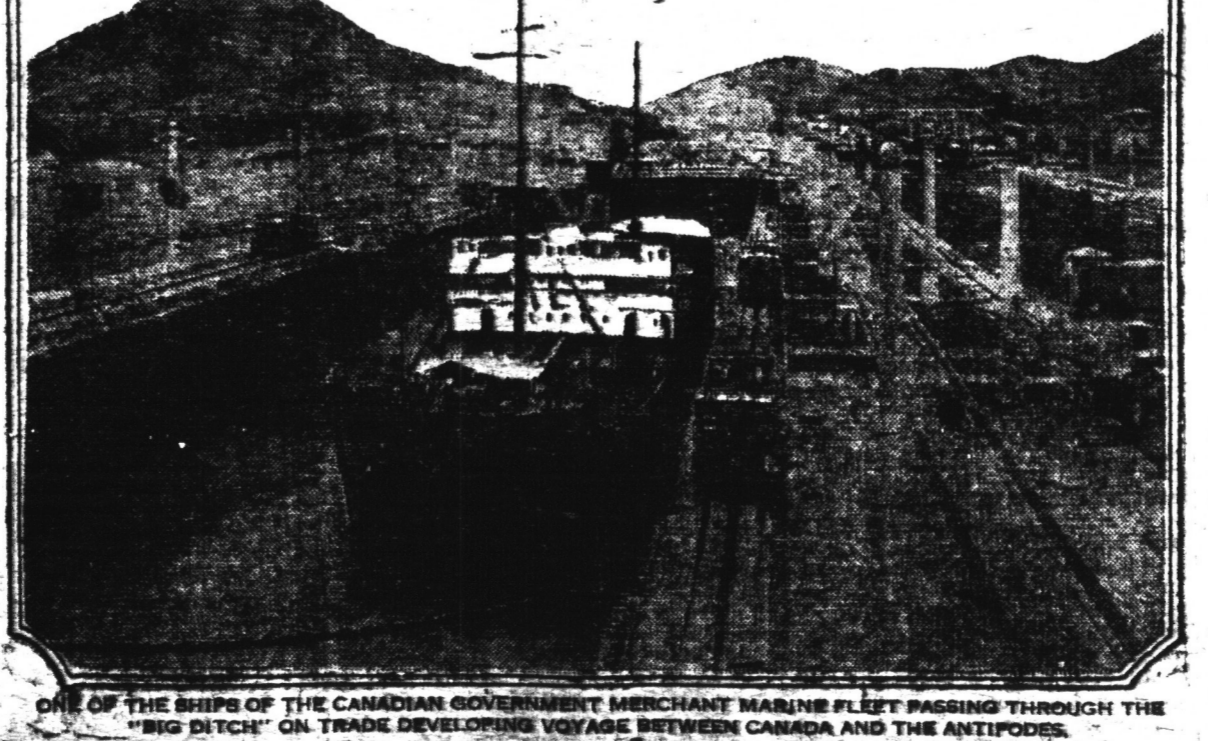
Exiled Austrian Returns

A despatch from Budapest says:—The Imperial north-east of Budapest prepared for the press Zita and her husband, according to Budapest received here. As the Regent's suite in the magnificence of Godollo, and quartered there a mer royal servant re-engaged.

The former Hun maintained at Godollo

The former Hun maintained at Godollo, magnificent castle with a park and zoo den.

SS. Canadian Spinner - Looking Through Panama Canal.



ONE OF THE SHIPS OF THE CANADIAN GOVERNMENT MERCHANT MARINE FLEET PASSING THROUGH THE "BIG DITCH" ON TRADE DEVELOPING VOYAGE BETWEEN CANADA AND THE ANTPODES.

OLD CHUM

The Tobacco of Quality

1/2 LB. TINS—and in pkgs.

A Brave Girl Missionary.

Several decades ago Bear Gap in the heart of the Appalachians had an unfortunate reputation for drunkenness and crime. Murder was not infrequent among its wild inhabitants. So when Adella Fox, a Sunday-school teacher from a Congregational Church in Ohio, appeared one day as the appointed missionary to the Gap everyone was astounded. The previous missionary had narrowly escaped with his life. Adella Fox held her first meeting in the school-house. The room was crowded, and the men who came carried pistols and drank from bottles. They made loud threats about what they should do to the preacher. But the sight of the slim fearless girl as she stepped out on the platform startled them, and while she played and sang and spoke a spark of chivalry kindled in their hearts.

After the first meeting there was great rivalry for the honor of entertaining her. The choice she made was typical of her spirit. She went into the cabin of the most notorious man in the place, a distiller and as such the cause of most of the trouble in the neighborhood. Her care of his sick baby touched his heart, and he became her faithful friend.

When her own cabin was built and furnished she held classes there, and the men gradually grew more orderly in her presence.

Then came an exciting episode. There was an election to decide whether the state should go "dry" or not. Adella Fox called a temperance meeting and urged her hearers to vote against the cause of drink. Her friend the distiller sat in the front row, frowning heavily. When she spoke of the mortality among little children caused by their parents' indulgence in drink he rose with flushed face. "Dye mean to say I killed my children, Miss Delia?" he cried angrily.

He was a dangerous man at that moment, and Adella Fox swiftly replied to God's help. "I do," she replied steadily.

The man stood as if stunned; a moment later he flung his hat on the ground. "Then," he declared, "I'll drink no more liquor, sell no more liquor, make no more liquor. So help me God!"

By a large majority Bear Gap voted "dry."

Woman's Interests

Fight Spring Fever With Vitamins.

Spring fever, so often experienced on the first warm day, is not cured by taking sulphur and molasses, but can be prevented by following a proper diet during the winter. Canned vegetables are valuable for the succulence which they furnish, and are necessary in preventing constipation; they are also valuable for the vitamins which they contain. Cabbage served as coleslaw, lettuce and fresh fruits, are also valuable and may supplement the canned vegetables and fruits.

A scientist who experimented with rats, giving them the usual heavy winter diet to which human beings are accustomed, found that after a period of time the rats showed marked signs of spring fever, more properly known as a deficiency disease. Deficiency diseases were recognized during the Japanese-Russian war when hundreds of Japanese sailors were afflicted with beriberi or with neuritis (inflammation of the nerves). By adding the hulls of rice to the usual diet of polished rice the diseases were at once checked. Whole rice, including the brown hulls, was then substituted for the polished rice, and an extract of rice hulls cured a number of very bad cases. This episode marked the discovery of vitamins. Many experiments have been made to discover their exact nature, but the elusive vitamins have been neither isolated nor dissected; they are "known only by their deeds."

Vitamins have been classified into three different types, depending upon the functions for which they have in promoting well-being and growth. Lack of the first type of water-soluble vitamins causes beriberi. These vitamins are found in seeds, green plants, certain bulbs and fleshy roots, also (in small amounts) in certain parts of the animal body. The seeds include beans, peas, nuts and cereal grains. The outer coverings of the grain and the skins and germs of cereals are most important; and if entirely omitted from the diet, will result in a disease which is usually fatal. Where there is abundance of this kind of food, beriberi is seldom found, but we need more of this type of food in order to combat the disease which we know as spring fever. Cereals which have been highly milled to obtain a very white flour have the same objections as polished rice.

The second type known as fat-soluble vitamins are found in butter, eggs, milk, cream, cheese, beef fat, and the heart, kidneys and liver of animals. They also exist in certain seeds. When fat-soluble vitamins are absent from the diet a disease of the eyes results, which if prolonged produces blindness. Thus we see why babies are given fresh milk and egg-yolks.

The third type is known as anti-scurbutic vitamins; that is, those which prevent scurvy. Orange juice supplies the anti-scurbutic vitamins, which bottle-fed babies need to prevent scurvy, rickets or pellagra. But babies are not the only ones who need these vitamins. A boy who was working his way through school and boarding himself, with potatoes as his main food, had a very bad case of scurvy which was finally cured by correcting his diet. The anti-scurbutic vitamins are found in grapefruit, oranges, lemons and other citrus fruits, and in such vegetables as spinach, lettuce, tomatoes, carrots, cabbage, turnips, and in eggs and raw milk. (Pasterurizing or sterilizing the milk reduces the vitamin content to a certain extent.) Fruits and vegetables are not luxuries but necessities. "An apple a day will keep the doctor away," is a wise saying; yet more than one apple is needed, and vegetables and other fruits are just as good for the purpose of supplying the necessary vitamins.

Do You Play With Your Children?

Happy the home where the mother plays with her children. The mother who works every moment is no joy to herself nor to her family, for if she does not become irritable she generally smother's spontaneity and happiness, nor does she ever know what it means to be the glorified mother at the end of the day.

Busy mothers who want suggestions on how and what to play with children will find the following books of great value. Mothers who do not care to purchase them should request that they be placed upon the shelves of the public libraries in their towns.

Home Occupations for Little Children, by Katherine Beebe; A Home-made Kindergarten, by Nora A. Smith; Play Life in the First Eight Years, by Luella Palmer; A Montessori Mother, by Dorothy Canfield Fisher; The Play Way, by Colwell Cook.

Tree Planting in Quebec

"We have over 7,000,000 acres of waste lands in the province, and we intend to begin reforestation very soon."

Hon. Honore Mercier, Minister of Lands and Forests of Quebec, speaking at the annual meeting of the Pulp and Paper Association, in the above statement, defined the position of his province in regard to what is probably the most important question confronting the wood-using industries in Canada to-day, that is, if we except the ever-present danger of forest fire.

Canada's trade in pulp and paper, and in timber and its products, represents her second largest item of export trade. British Columbia alone reports a lumber output for 1921 of over \$68,000,000, much the greater portion of this finding new markets in India and Egypt. Hon. J. A. Robb, Minister of Trade and Commerce, speaking at the same meeting, gave the value of Canada's wood-pulp production as \$71,522,937, for 1921, and of newsprint as \$92,102,397. Of this great output, exports absorbed at least 80 per cent.

We cannot have this trade without the forests, and we cannot have the employment created by the thousands of wood-using industries unless we assure the continuity of the forests.

Mr. Gifford Pinchock, a leading forest authority in the United States, recently made the statement that it would be absolutely necessary to find a substitute for wood very shortly if some of their chief industries were to continue, as their supply of wood was becoming exhausted. Hon. Mr. Mercier is taking the proper stand when he says his department is planning to plant next year at least one tree for every tree that is cut.

Victims Mostly Soldiers in M Southern S

A despatch from Belgrade says:—Four hundred carbals and explosives stored round station at Monastir, exploded on Tuesday, killing several hundred persons, and destroying the heart of the city's population. The victims were mostly soldiers in the Southern S.

Immediately after the explosion, the panic-stricken people fled to the nearby woods from which they were driven. All telegraphic communication from the outside world was first news of the disaster reached Priep, 30 miles west of Monastir. Relief units were immediately started for Monastir. Details of the explosion reveal that the victims were following the blast in homes.

Thousands of tons of over from the world were blown up and later 1,800 soldiers, mostly virtually buried alive.

Two hundred children to have been killed in church which was destroyed, tossed from the pews, landed on the ground.

All the leading clothing and supplies and Monastir.

Explosion Brought 2,000 Persons

A despatch from Belgrade says:—The Imperial north-east of Budapest prepared for the press Zita and her husband, according to Budapest received here. As the Regent's suite in the magnificence of Godollo, and quartered there a mer royal servant re-engaged.

The former Hun maintained at Godollo, magnificent castle with a park and zoo den.

DYEING

YOU will be astonished at the results we get by our modern system of dyeing and cleaning. Fabrics that are shabby, dirty or spotted are made like new. We can restore the most delicate articles.

Send one article or a parcel of goods by post or express. We will pay carriage one way, and our charges are most reasonable.

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