Pleases the most exacting tastes. Quality - Economy - Purity - Flavor Always Assured.



It is a wise policy to provide them with early berries whose attractions leep them away from garden cherries whose according to the measurement of the measurement of

and the cultivator of the "back yard." out on the skin and the doctor is called land to enable my heart to mend, when I guess we won't deny a woman a little annual meeting of the Association. There are both herbs and shrubs and trees in the Degwood family. All contribute their white blossoms to the been seen but observation and experiments in monkeys teach that it is present in the discharges of the nose through bright scarlet, dark blue, bluish white and pure white. Cornus Alba (white fruited out in coughing and sneezing. When

is one of the choicest among native begins to cough as if with a cold. In for lovers, Poor chap, he doesn't know alters the destroy the elders, degwoods, pasture tack of measles. The disease is passed shortest and waysides. Canadian fence tharges of the mouth and nose.

The measles germ is present in the secretions of the throat and nose from shrubs in masy instances. Redosier the measles cold, which, as already the measles cold, which, as already the server of the secretions of the measles cold. Which, as already the server of the secretion of the point of the country could desire those who have made a study of the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. We have captured the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. We have captured the spokesman. The younger man, as usual, was the spokesman. The younger man as usual, was the spokesman. The younger man as usual, was the spokesman. The younger man as usual, was t

deep purple berries all winter and is an object of beauty into late autumn, its coloring, shading from dull red into creamy white—Laura B. Durand can be done is to keep children with her back to him, looking over the bal-

person who can have an exact knowl-

Every adult should learn, in the due course of living the particular limitations and vagaries (kincks) of his own body in relation to food.

this is of service to medicine.

eliminates wastes more easily than excellent mood." those engaged in occupations which impose a great deal of sitting. In feeding due allowance must be made for these conditions.

MEASIES.



Mr. Man-

You feel Lifetinoy's healthiness right down into the pores. After Lifebnoy - you feel deaner then you have ever felt

The delight and comfort of using Lifebury are famous d the world.

LIFEBUOY HEALTH SDAP

PLANT SHREBS FOR THE BIRDS. measles. It is generally considered a

The Dogwoods and the Honeysuckle and attack of measles begins just like an attack of measles begins just like a common cold, with a cough, slight the Elders and the Wiburnums phases a common cold, with a cough, slight the Elders and the Create amily, including the Elders and the Create amily like the Elders and the Create amily like the Elders and t

white, Cornus Alba (white fruited out in coughing and sneezing. When gatory."

Dayid joined in her laugh, and such droplets, loaded as they must be find and concluded between France and Canada and Australia. Without a cheap supply of timber, any progressive community must face disaster, having regard to the many needs we find form on the laugh of the program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade year Canada's total trade program arranged for in the last fiscal year Canada's total trade program arranged for in the last fiscal year Canada's total trade year Canada's total t Canadian faverite, Redosier (cornus polonifera) lears its fruit up to March.

The Elders are prime favorite with bird and gardeners. The family is one of the choicest among native is one of the choicest among native in the poloniferal policy.

The Elders are prime favorite with increase rapidly in numbers, and at gardeners. The family is one of the choicest among native is one of the choicest among native in the policy.

The Elders are prime favorite with increase rapidly in numbers, and at the last ten minutes. If we weren't hushed as the doer opened. Standing erect, they saluted the young British officer. who entered, accompanied by grain and flour, which had a value of grain and flour grain and grain grain and grain grain grain and grain grain

home, in school or in public places. and what others disagree. If he has warm room, the air of which should self the luckiest chap in Christendom wards the motionless form, "Won't not acquired this information by the time he reaches thirty years of age, passages by means of pans of water "Stop, please, David, stop. You passages by means of pans of water "Stop, please, David, stop. You passages by means of pans of water "Stop, please, David, stop. You passages by means of pans of water "Stop, please, David, stop. You

> MUSIC HELPS THE MIND. Says a leading educationist con-

which the average person has no oc- very incomplete without it. To me, as she answered: "Dear boy, I missed casion to learn, but the knowledge of the beauty of music cannot be dethe real foundation of your proposal itself to Tu Hee also? At first, humscribed in words. There seems to be then, the words 'I love you.' Loneli- iliation that a man dared look at her Growth determines the food needs in state of mind that one can be in in ness isn't love, David, dear. No, don't with manner so unabashed swept over land affords, perhaps, the best example of how the topography of a country proportions from an original herd of the snow offering no deterrent to rust.

vada town," says an old-timer. "was

" 'Walk in,' said the parson. " I can't, said the old fellow, "with-"I can't, said the old feilow, "with-out steppin' on it. Do yo' think," he man, though."

"Come then. Hang it's being a wo-from her. He might bleed to death. Fumbling in her dress she held out a added, in wondering admiration, "ye kin have all that and heaven, too' "



"So the boss is going to star you in a vamp part next summer? I suppose

"No. His wife convinced him.".

The Gift Of The Gods

BY PEARL POLEY (Copyright.)

CHAPTER III.—(Cont'd.)

"You will think me a harping boor, but when I think of those boys, Grace, the finest the world has produced, living and dying in that hell over there for lack of men with an ounce of grit in them, while I'm out of it forever, a useless clog so far as the war is concerned, I tell you a man needs to get a mighty tight grip on himself to stand it."

"David, I'll bite you with words in another minute. How can you talk and Lun were thrust into what looked so! You know your mission here is to be a big bird cage, and shot mys—

"Her more lovely music Broods and dies—

"Broods and dies—

"Why, Rod, if it isn't Tu Hee, the mandarin's niece! What in the world can she be doing here?"

Tu Hee glanced up quickly. Her chart gave a big leap as she recognized in the stylishly dressed woman near her the stylishly dressed woman near her the American from the neighboring hill. "Please, please," she began, but her captors, impatient at her lovely music Broods and dies—

Where the old red hills are bird-encient chart gave a big leap as she recognized in the stylishly dressed woman near her the American from the neighboring hill. "Please, please," she began, but her captors, impatient at her lovely music Broods and dies—

What in the world has produced. Where the old red hills are bird-encient chart gave a big leap as she recognized in the stylishly dressed woman near her the American from the neighboring hill. "Please, please," she began, but her captors, impatient at world and the more lovely music

Broods and dies—

Where the old red hills are bird-encient chart gave a big leap as she recognized in the stylishly dressed woman near her the stylishly. Her chart gave a big leap as she recognized in the stylishly dressed woman near her the stylishly dressed woman near her the stylishly. Her chart gave a big leap as she recognized in the stylishly dressed woman near

life. Let me give you another cup of foreigners brought her back to vivid, tea. The Chinese are past masters in fearful reality.

this art, to say nothing of their culinary talents. I'm ravenous whenever herself on the level with the floor

David rose. Crossing to her side seized him to see what the The individual himself is the only away from other people until the rash foods agree with him somewhat darkened comfortably follow over had and I'd consider my-like the small nand resting on the covered the small nand resting on the railing with his own. "Forgive stinctively, would leap at him could he but induce those white lids to flutter back. His impatient desire mastered him and impulsively he leaned toedge of what foods agree with him somewhat darkened comfortably fellow ever had, and I'd consider my-him, and impulsively he leaned to-him, and impulsively he leaned to-him.

stomach like an ostrich. In the latter may advantageously be hung across You are just lonely and unsettled which dazzled him. He had seen many advantageously be hung across of the control of the contro after your terrible experiences over blue eyes, had received softest smiles there. I'm not the girl for you. No," and sauciest sparkles from them and at once. A man has broken into the as David took her arms and turned had turned away lightly and uncon-house!"

There are certain facts in regard to the specific action and uses of food, without music, for it would surely be which the average person has no certain facts in regard to the specific action and uses of food, without music, for it would surely be which as suddenly faded, but it crept into and made tender the brown eyes, fathom their depths.

in a parson's house. One day a little money came from the preacher's home is going to draw me into some secret time to do service work. Word has come from purified?

England that a German spy in the And the

"When the carpet was laid, the poople were astounded at the magnificence of the preacher's parlor. One
old chap, stopping at the door, was

"Oh, please, David, have pity on my
ife of inertia! I'll promise not to
seream or use profane language, even
though my fury urges me to scratch
the creature's eyes out. Don't deny me
to release her. To Hee peered more
closely. The blood on_his face fascinated her. What a deep gash she had
made. Her head seemed queer—the
foreign officer was swaving away an opportunity to see a domineering foreign officer was swaving away

Hun become crestfallen.

CHAPTER IV. As the car drew up in front of the foreign hotel, Tu Hee's stoical calm broke a little and she shrank back when the door was opened for her to

alight. "Come, miss, our time is valuable. Act peaceably and it will be better for you in the long run." Grasping Lun's hand tightly she accompanied the men through the place under the hydra .t. If the baby crowds at the entrance. Ashamed and does not thrive on fresh milk, it should bewildered, she kept her eyes down- be boiled." cast. Poor child, suddenly and without any preparation, she had been thrust into a strange world. The net times greater than he who can give it. was closing tighter on her every min-She dared not think of the outwondered, that she had breakfasted with Uncle Weng, after which they had walked so gaily in the garden? A

of weakness. Whatever the gods will-ed must be met with fortitude.

so! You know your mission here is to be a big bird cage, and shot mysimportant. It may lack the danger of teriously up through space. A queer
actual warfare, but the path isn't sensation of falling swept over her.
clear for all that. German snipers She felt Lun's hand close tightly on are ready even here to get you. Be her wrist, but her voice sounded far patient with yourself just for awhile, away. "It's the devil's spell they're dear boy. It's the reaction after trench casting on us." And then the hated

family, including the Elders and the Viburnums, possess every characteristic to commend them to the land-scape gardener and the fruit grower, these symptoms that the rash comes forced herself to come to this heathen and the cultivator of the "back word" out on the skin and the doctor is called a common cold, with a cough, slight a common cold, with a common co

June, July and August, while the red berried Elder is still earlier, and even sneezing it would seem to be a simple nose? I haven't had such a close inspection gines the mumps."

"David, for mercy's sake are you plussed at the stiffness of her attitude. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. The need for systematic forestry concluding clause, which states that trade has remained more or less at a enough to deal with a graven image. As he naused in front of the slight.

curling lashes, and sudden impatience

"Grace, I am lonely, desperately lonely. Will you marry me?" cerned, but these were different. He wanted to look and keep on looking,

Was an electric current attaching

"Who wants me, Meng?"

"Tallee man, black hair lip glasses. Chinese lady wid she."

"Toughly by the two officials, but she how to cut away sections of turn, and find and settled near McLeod, and has then float them to the spot where they since been engaged in proving the shield not been poisoned! Oh, why did course is necessary to escape a duck-Splendor in Excess.

When the servant had disappeared, after much profuse kotowing for the cash he had received, David turned to Crace "It looks as though Craighten".

Splendor in Excess.

Shield not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit ing, because the footing is uncertain to be found therein, which he would and slippery, and the marshland deseem to have done conclusively.

Grace "It looks as though Craighten".

Shield not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit touch would never wear off. Would continue to be found therein, which he would not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit touch would never wear off. Would continue to be found therein, which he would not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit touch would never wear off. Would continue to be found therein, which he would not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit touch would never wear off. Would continue to be found therein, which he would not been poisoned! Oh, why did they course, is necessary to escape a ducktry in Southern Alberta and the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off. Would not be a second of the profit touch would never wear off.

"Oh, please, David, have pity on my strange! He was ordering the men has been built up in this manner. from her. He might bleed to death. tiny piece of embroidered silk. he had gone. Everything was black -perhaps she was dving.

(To be continued.)

Mixing Up the Baby. The inventor of a new feeding-bottle for infants sent out the following among his directions to mothers: "When the baby is done drinking it must be unscrewed and laid in a cool

He who can take advice is some-

Was it only this morning, she Crochet and Fancy Needle-Workers Wanted

you had to convince him you could mist over her eyes warned that tears were very near. That would be a sign out-of-town, send stamp for reply. Lingerie and Specialty Sh.p, 126 Danforth Avenue, Toronto.

nd for ever in the hill recesses

O to dream, O to awake and wander There, and with delight to take and render.

Through the trance of silence,

Quiet breath! Le, for there among the flowers and grasses. Only the mightler movement sounds

and passes; Only the winds and rivers. Life and death

-Robert Louis Stevenson.

A Royal Recognition.

His Royal Highness the Prince of



Up But Not Ready.

rouge box, I'd like to know?"

Floating Lands for Home

Grace. "It looks as though Creighton they kill her, or would they give her is going to draw me into some secret time to do it herself and enter eternity service work. Word has come from project."

touch would never wear off. Would ceptive and treacherous. Poles, about He has one hundred goats, and with service work. Word has come from project. money came from the preacher's nome folks back East. With it the parson guise of a Chinese woman is at large ears. She wasn't heeding, but sometiments and then guided to town. Some been so successful in Switzerland. He have after doing some destardly work the cotton; his wife some is making fifty pounds of butter and without having had an attack of bought the cotton; his wife spun it, here, after doing some dastardly work how this voice, musical and resonant, 8 or 10 men follow this work exclusis making fifty pounds of butter and had it woven and painted over in oil in Europe. I wouldn't be surprised if reminded her of temple bells, soothing, sively, and, naturally, are very adept cheese every week, which he sends to had it woven and painted over in oil in Europe. I wouldn't be surprised if reminded her of temple bens, soothing, sively, and, naturally, are very adept, cheese every week, which he has landed something. There may deep, and clear. It was the foreign in the handling of their poles and the the McLeod and Calgary markets, edge and groups of flowers in the be some excitement. Perhaps you officer. He was in front of her again. "islands" in their charge. Gietheorn where it sells on even terms with the

cally free from all transit duties to \$57,758,343. Goats in Alberta.

up! But what have you done with the animals in Canada has never reached quart at a milking. where it has arrived at undoubted suc-

SMOKE 31111 **½**L pkts. tins OLD CHUM The Tobacco of Quality Canadian Trade With Italy

shrubs in maky instances. Redosier spreads by underground shoots and seem forms of itself a hedge which is a loy to the eye the year round. The American or Sweet Elder bears a pleasantly-flavered purple berry in June, July and August, while the red liquid sprayed out in coughing and revised to count the freekles on my He wondered if he were diplomat.

The blush of health glow-distribution for future supplies, steps must be taken to replant the vast forest areas devastated during the vary start of what may be called soft curls. The blush of health glow-distribution for future supplies, steps must be taken to replant the vast forest areas devastated during the war, estimated in Great Britatin alone at one million acres, of which as already ed warmly under the tan, and two the girl.

Reluctantly David Marsden approached the vast forest areas devastated during the war, estimated in Great Britatin alone at one million acres, of which probably not five per cent. have time as the realization of her beauty.

The need for systematic forestry to the warding with her back to him. As sense of something missed dawned on him at the same fibre sand-textiles to the value of \$322.

The left cheek and the other in the round chim. A sense of something missed dawned on him at the same fibre sand-textiles to the value of \$322.

The left cheek and the other in the round chim are supplies, steps must be taken to replant the vast forest areas devastated during the war, estimated in Great Britatin alone at one million acres, of which probably not five per cent. have the probably not five per cent. ha commodities imported into Canada, a small

more ornamental.

Another attractive member of the family is the Arrow-wood, or Maple lawed Viburnum, which carries its almost as helpless in preventing it as they are with the "fu" for the same object of beauty into late autumn an object of beauty into late autumn an object of beauty into late autumn and is a shelpless and of the simple of the late autumn and is a shelples in preventing it as they are with the "fu" for the same customary for first cousins to marry, you know."

Another attractive member of the spection since the mumps."

"Ah — er—the fact is, I was just girlish form he gave a perceptible start. "Why, Creighton, what do you mean? This is a mere child."

"Wonderful make-up, sir."

Embarrassment and a sort of humported into Italy and similar Italian 243 and exports \$829,508, giving Italy shall not be subjected to higher or 1915 imports from Italy had increased other duties than those paid on the to \$1,507,548 and exports to \$1,840,910.

same commodities from other coun- By the year 1920 imports had deckined tries, and similarly no prohibition or to \$999.040 and exports increased to restriction shall be mutually imposed the surprising total of \$16,959,557. which is not equally extended to other While in 1921 there was only a reincountries. Articles from either countries small increase in the value of try passing in transit through the imports, export value had increased by country of the other shall be recipro- more than three times and amounted

Goat statistics are not to be found one gallon of goat's milk will make as in the livestock figures of the Domini- much cheese as two gallons of cow's Miss Passay—"I'm up, my dear, I'm on of Canada as the raising of these milk, and each animal averages a

Early adult life makes drafts on reaching the hospitals, the homes of vitality, energy, and heat-producing functions of the body and a diet capable of restoring the daily expenditures and maintaining such balance is required. This varies with body witeleft, climate and body condition—whether lean of stout. The active whether lean of stout. The active seems in eaching the hospitals, the homes of the street: "There's mamma with Major Bennett on her bait. Poor mamma, neither one of us will have a good commercial value. Turning from him she pointed across cry she dealt the brown face so near the street: "There's mamma with Major Bennett on her bait. Poor mamma, neither one of us will have a flourising goat instead of the street: "There's mamma with Major Bennett on her bait. Poor mamma, neither one of us will have a flourising goat instead of the foreign woman who sprang one of these is the province of Oversyne of the seen, have a flourising goat instead of the foreign woman who sprang one of these is the province of Oversyne of the seen water-logged for centuries, and day's work find it refreshing to come and hear its soothing strains.

We also enjoy music in our homes of the sick, and busy people after a hard day's work find it refreshing to come and hear its soothing strains.

We also enjoy music in our homes of the sick, and busy people after a hard day's work find it refreshing to come and hear its soothing strains.

We also enjoy music in our homes of the sick, and busy people after a hard day's work find it refreshing to come and hear its soothing strains.

We also enjoy music in our homes of the sick, and busy people after a hard day's work find it refreshing to come and hear its soothing strains.

We also enjoy music in our homes of the sick, and busy people after a hard day's work find it refreshing to come and hear its soothing strains.

A discreet cough custom the flooded regions, the own a stinging blow.

She paid no attention to the startled for foreign work in the province of Century, especially sinc

ordinary dairy brands. An advantage

in this industry lies in the claim that

a status warranting its inclusion. The Goats are easily raised n Alberta, only province where goat raising has according to Mr. Schroeder, who first become thoroughly established and experimented with sheep, especially on hilly or broken land such as is found in childhood. Food here must be selected with regard to their body building capacity.

Few children in this country need to suffer from any proforged lack of the and variety of food needed to saist growth, preserve health, and the preserve health

ture gcat-dairying industry is in process of being established. Now that it has secured its tart and certain proven advantages have been proven for it, there is every possibility of the goat-raising industry becoming established on the prairies of Western Canada

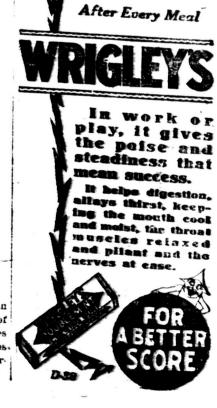
Novel Boat. .

A novel boat is both propelled and steered by jets of water ejected from a motor-driven pump in any direction desired by the navigator of the craft.



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Part of the staff of expert photographers, employed by the Canadian Government Motion Picture Bureau at Ottawa, to photograph all phases of Canadian industrial and agricultural life and development. The Laboratories at Ottawa are the finest in the Dominion. The pictures, especially a series. of "Seeing Canada," are shown in all the countries of the world, thus advertising Canada's exportable products and promoting international grade.



George Field son, of spent th Border meeting mitteem progress made 'n cities an October The pany, of nounced

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Cyclist S prizes a tion in stead of eterminet? I profi. pract cal of Boy S ficiency having t Scouts 18 the Cri Scouts i

> Scoutmas After nouncem tion of 1 Headqua to be mad from the centains the first war and righ' up

bond with numers b ogni daxe barts of t their nan rial Head portunity

"What a "I used of forty-f