

lover Ignored

ne to study the
uffers injustice,
een a most val-
at its beauty is
This, however, is
for it does not
ut for the bees

id:
ey does not com-
to him is aris-

in bloom, sway-
beautiful sight,
landscapes to
Just one clover
fully, and looked
eyes, reveals
ful in color, in-
ng perfect in its
ng cross pollen-

cially renowned
with members of
it readily forma-
an, gladly grow-
and meadows,
is seed.

lover was regard-
to the soil, and
was the great
Thus the roots
en reach to the
even in heavy
earned that little
s of clovers are
of the air, and
plant food.

to us from Eu-
of Asia. It is the
cultivated in
friend of humb-
ad to be import-
ore clover seed
ere.

the most beauti-
ves make a rug
possible place
It is the best
; and the per-
ow the distinct
er honey has
is probably a
erica, yet it is
d may be found
of the temper-
cheers Siberia

lover is a friend-
waste places
leaves, dotted
wer heads, and
clover by those

stone clover is
Here the flow-
se heads. The
d the lobes are
corollas, thus
d a soft, hairy
the early stages
pussy willow.

ran of all the
under culti-
tures. It is a
of western Asia,
introduced into
ards. It was
to California in
een since that
crop. In fact,
than alfalfa.

other clovers,
not be over-
rough country
s suddenly im-
delightful fra-
for the source
the most forbid-
s of the road-
ant, that, grow-
sweet perfume.
rous the sweet
ery tall, some-
It is a cheer-
medical plant.

Lang wrote:
cythes are say-
head not, and

grasses sway-
sing to the

umber of 3,473
e overseas Do-
the British Le-

blended butter
ear, 60,000 tons
inferior butter

ART - SCIENCE - SPORT
INDUSTRY - EDUCATION
- AGRICULTURE -



World's
Most Progressive
Annual
Exposition
CANADIAN IMPERIAL
EXHIBITION
TORONTO
Aug 27 to Sept 6 1930

ALL-CANADA
YEAR

A Picturesque Celebration
for all Canadians

"Leo Voyagers", a brilliant new Grandstand
present reviewing Canada's development from
its earliest days—each evening by 1,500 per-
formers on the world's largest stage.

Theory military and concert bands, including the
All-Canada Pipe Band (by permission
Department of Militia and Defense), an espe-
cially recruited organization of seventy-six skilled
musicians taken from Canada's Regular
Military establishments.

Famous 2,000-Voice Exhibition Chorus in four
concerts—Aug. 23 and 28, Sept. 2 and 6.

Tremendous Agricultural displays and com-
petitions in all branches with a \$125,000 Prize
List. Trotting and Racing Races.

Fish professional Marathon Swim for world
championship—leaves—a unique unforgettable
sport spectacle.

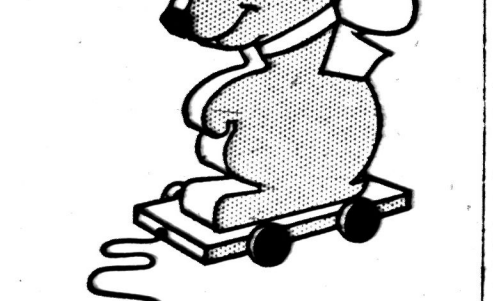
Staples, outboard motorboat, rowing, canoeing,
sailing and yacht races and other thrilling
aquatic events daily, and countless exhibits
and attractions to celebrate this memorable All-
Canada Year occasion.

Reduced Rates by rail, bus,
steamboat and airplane.

SAM HARRIS,
President.
H. W. WATERS,
General Manager.

He (at 11 p.m.)—"Did you know I
could imitate any bird you can name?"
She—"No, I didn't. Can you imitate a
homing pigeon?"

"However well organized the founda-
tions of life may be, life must al-
ways be full of risks."—Havelock El-
lis.



CHILDREN
CRY FOR IT—

CHILDREN hate to take medicine
as a rule, but every child loves
the taste of Castoria. And this pure
vegetable preparation is just as good
as it tastes; just as bland and just as
harmless as the recipe reads.

When Baby's cry warns of colic,
a few drops of Castoria has him
soothed, asleep again in a jiffy. Noth-
ing is more valuable in diarrhea.
When coated tongue or bad breath
tell of constipation, invoke its gentle
aid to cleanse and regulate a child's
bowels. In colds or children's diseases,
you should use it to keep the system
from clogging.

Castoria is sold in every drugstore;
the genuine always bears Chas. H.
Fletcher's signature.



U.S. Aircraft Equipment Finds
Best Market in Latin America

The larger part of all American air-
craft equipment now being exported
into world markets is being absorbed
by Latin-American countries, it is re-
vealed in a report just been released
by the aeronautic trade division of the
Department of Commerce, covering
the first five months of the present
year.

This absorption of the Latin-Ameri-
can market of planes, parts and en-
gines has been the principal factor in
maintaining steady conditions in
American aviation since the slump at
the first of the year.

Aeronautic exports for the period
from January to May, inclusive, the
department report shows, were only
11 per cent. below the total for the
same period in 1929, and the value of
the export trade in May, 1930, estab-
lished a new monthly record. Total
exports of aircraft engines, planes
and parts were valued at \$3,591,357
for the first five months of the current
year, as compared with \$4,000,971 dur-
ing the same period in 1929. A total
of 51 per cent. of the equipment in the
recent five-month period went to
Latin-American countries.

The success of American aircraft
demonstration missions, such as that
now being conducted in southern Eur-

Canadians Overlook
Advantages of Fish

Food Specialists Say Fish is
Richer in Nutrients
Than Meat

Fish is an article of food available
to Canadians in great abundance, but
unfortunately it is being sadly neglect-
ed. Each year our fishermen land
between 800,000,000 and 900,000,
000 pounds of fish. Of this amount
less than one-quarter is consumed in
Canada, and for the balance a market
must be found abroad.

Canada is potentially the greatest
fish-producing country in the world.
We have more ready access to the
great fishing banks of the North At-
lantic than any other country, but,
sad to relate, we do not take the same
profit from them that others do. We
also have at our door the great banks
of the Pacific, invaluable inland areas,
sheries, and many prolific inland areas.

The United States lands approxi-
mately two billion pounds of fish each
year. Canadian fishermen could land
as much or more if they were assured
of a market for their catch. If our
Canadian people were to consume a
reasonable quota it would be a big
encouragement to the fishermen and
a tremendous stimulus to the indus-
try.

It is reckoned by scientists who
have made an exhaustive study of
the question, that pound for pound,
fish is as rich in nutrients as meat,
and in some instances richer. In ad-
dition there is a tremendous varia-
tion in price between fish and meat
which makes the use of the former a
very economical practice. And not
only that. Sir James Crichton-Browne,
an eminent British food specialist,
maintains that for working people of
all classes—those who work with the
head as well as those who work with
the hands—fish is an economical
source of energy quite necessary to
enable them to carry on their work.
Fish is more easily digested than
meats and for this reason is particu-
larly adapted for those of feeble
constitutions and sedentary occupa-
tions.

If one thinks for an instant that a
man engaged at hard manual labor
cannot subsist on a fish diet, let him
reflect upon the history of the Jap-
anese. They are essentially a fish-
consuming people their per capita
use of sea foods being more than two
hundred pounds a year. Still they
are regarded as one of the best phys-
ically-developed races on earth, and
they certainly have sacrificed nothing
in mental astuteness through their de-
pendence on fish.

The dietary requirements of a man
engaged in light to moderate employ-
ment is estimated at 25 pounds of
protein and 3,050 calories per day.
Protein is the most important food
constituent and the following table
will illustrate the comparative value
in protein of fish and other foods.

	Per cent. protein
Beef	14.8
Veal	15.6
Chicken	13.7
Milk	3.3
Potatoes	1.8
Halibut	15.3
Herring	13.2
Pollock	15.4
Lake trout	11.0
Salt mackerel	13.9
Finnan haddie	22.0

The waters from which we receive
our supplies of fish yield more than
six hundred edible varieties, about
seventy-two of which are known in
the retail markets of Canada. There
is always a good variety obtainable.
An authority on culinary matters de-
clares that it is possible to use one
species of fish for a whole week and
prepare it in such a variety of ways
that it will not become monoton-
ous to the consumer. How great
then is the scope of the cook when
she has such a multitude of fish to
choose from and an article of food
susceptible to so many different
treatments.

The abundance of fish all around us

Economy Corner
HONEY RECIPES

Cereals with Honey
Have you ever noticed how a dish
of good hot cereal, stimulates and
brings about a feeling of well being.
Hot cereals honey drizzled carry heat
to the body. Honey permeates the
cereal and carries with every drop
new flavor. Just drizzle warm honey
lightly about the hot cereal, add milk
and cream as usual.

Vitality Cocktail
Yolk of 1 egg, juice of 1 or 2 or-
anges, juice of half a lemon, 2 tea-
spoons of honey. Beat these ingredi-
ents together and drink every morn-
ing.

Honey Cream Waffles
Waffles and honey have always been
associated, but one usually thinks of
this association as serving honey over
the waffle and not baking it in the
batter. When the poured batter
contains honey, a more crisp and yet
tender waffle is obtained. Most every-
one likes a good crisp waffle, but a
variation from the ordinary waffle is
more than enjoyable. By using the
regulation honey batter and adding
nuts or dried fruits, one may obtain
a truly delicious result. For your
unexpected visitor try a honey pecan
or honey date waffle.

**Basic Recipes for Honey Cream
Waffles**
1 egg beaten very lightly, 4 tea-
spoons baking powder, 1 teaspoon
salt, 2 cups milk, 1/4 cup margarine
(melted), 2 cups flour, 3 tablespoons
honey. Mix shortening, honey, salt
with beaten egg. Sift baking pow-
der and flour together. Stir in al-
ternately with flour and milk until
full amount has been added.

Honey Pecan Waffles
Four regulation honey cream waffle
batter on iron. Sprinkle from
8 to 10 salted pecans over waffle be-
fore top lid is let down. Press down
top lid and bake until golden brown.
Serve piping hot with warmed honey
or comb honey. Honey pecan waffles
are delicious when made about half
regular size, a la mode with ice cream
and topped with honey fudge sauce.

Honey All Bran Waffles
The same as above only use one-
half cup of all bran flakes for each
waffle, sprinkle all bran over waffle
before top lid is let down.

Honey Date Waffles
Three chopped dates and 1 teaspoon
chopped nuts to each waffle, sprinkle
over waffle before top lid is let down.
Plain extracted honey may be served
as a sauce for waffles and is bet-
ter if it has been slightly heated be-
fore serving. If this is found to be
a little too sweet, a very pleasing
sauce is secured by combining honey
with medium hot water and butter, 1
cup warm honey, 1/2 cup warm water
and 1 teaspoon butter.

Save the Children

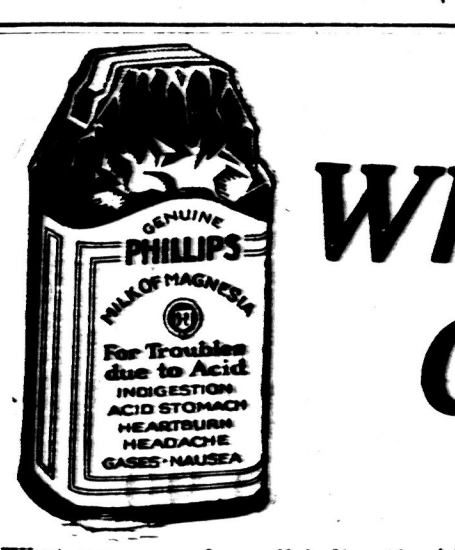
In Summer When Childhood Ail-
ments Are Most Dangerous.

Mothers who keep a box of Baby's
Own Tablets in the house may feel
that the lives of their little ones are
reasonably safe during the hot weath-
er. Stomach troubles, cholera infantum
and diarrhoea carry off thousands
of little ones every summer, in most
cases because the mother does not
have a safe medicine at hand to give
promptly. Baby's Own Tablets relieve
these troubles, or if given occasionally
to the well child they will prevent their
coming on. The Tablets are guaran-
teed to be absolutely harmless even
to the newborn babe. They are espe-
cially good in summer because they re-
gulate the bowels and keep the stom-
ach sweet and pure. They are sold by
medicine dealers or by mail at 25 cents
a box from The Dr. Williams' Medicine
Co., Brockville, Ont.

Plain Honey Sauce
Place two parts of honey and one
part of butter in a bowl and cream
and beat the mixture until very
smooth.

"Marriage is a process, not for pro-
longing life of life, but for mummify-
ing its corpse."—Guy Bolton.

Minard's Liniment gives quick relief.



What many people call indigestion
very often means excess acid, and
the stomach nerves have been
over-stimulated, and food sours.
The corrective is an alkali which neu-
tralizes acids instantly. And the best
alkali known to medical science is
Phillips' Milk of Magnesia. It has re-
mained the standard with physicians
in the 50 years since its invention.
One spoonful of this harmless, taste-

When

Red Rose Tea

was 75c. lb. — bulk tea at
50c. or 60c. looked cheap,
of course. But now that
RED ROSE RED LABEL
can be bought for

60c. lb.

at any grocer's, few people will
be satisfied to drink bulk tea.

Memorial Erected
To Hans Anderson

Odense, Den.—This town which
claims the proud distinction of being
the birthplace of Hans Andersen now
boasts an Andersen memorial hall—
gift of an admirer of the famous
writer.

The new building adjoins Ander-
sen's house and has been decorated
by a famous painter from the same
island of Fuhnen. An impressive col-
lection of Andersen's are on view in
the hall where it is hoped many of
the exhibits will remain permanently
and form the nucleus of a museum.

The opening of the hall on July 11
was the first act in the three days of
the Andersen festival in Odense. It
was followed by theatrical perform-
ances in which a conspicuous place
was taken by a play based on one of
Andersen's fairy tales "The Naughty
Boy," written by the poet, Sophus
Michaelsen, chairman of the Danish
Authors Society, and himself a na-
tive of Odense.

This was followed by one of Ander-
sen's own plays and a ballet inspired
by one of his fairy tales. This per-
formance was repeated on July 13 and
14 and there was also a people's fes-
tival in the club garden. On July 13
children's processions took place
through the town and a great peo-
ple's festival in the neighboring park
with fairy tale tableaux on the lake
and the river.

Books Should Not Tell
Everything Says Doctor

Chautauqua, N.Y.—A book is not
only literature, but is a deed and an
influence, said Dr. Richard Burton,
former head of the English Depart-
ment at the University of Minnesota,
in discussing censorship as part of
his address on "Fiction, Fair and
Foul—the Tendency to Tell Every-
thing," delivered at Chautauqua re-
cently.

Though believing in censorship,
which he characterized as only a form
of enlightened leadership, Dr. Burton
said he recognized the difficulties of
putting it in practice. By cleaving
to the good, one can overcome the
bad more effectively than through a
censorship, he believes.

A horse is man's best friend until
he bets on it.

Spiced Honey Sauce

Place plain honey sauce in a bowl
and add finely ground cinnamon to
taste, blending the ingredients well.
"A.B."

Oil fuel can be pumped into lin-
ers at the rate of 5,000 tons in nine
or ten hours at the great oil refinery
on Southampton Water.

Kathryn—These pearls were given
to me on my last birthday.

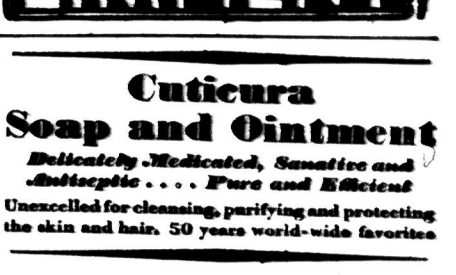
Kitty—Very pretty. How many years
have you had them?

Nurses Wanted

The Toronto Hospital for Incurables,
in affiliation with Bellevue and Allard
Hospitals, New York City, offers a Three
Year's Course of Training to Young
Women, having the required education,
and desirous of becoming nurses. This
Hospital has adopted the eight-hour
system. The pupils receive uniforms of
the school, a monthly allowance and
travelling expenses in and from New
York. For further particulars write or
apply to the Superintendent.

Rheumatic Pains

Minard's affords a sure relief,
when rubbed on the affected parts.
A quick, effective pain killer.



Cuticura
Soap and Ointment

Scientifically Medicated, Sensitive and
Antiseptic . . . Pure and Efficient
Unexcelled for cleansing, purifying and protecting
the skin and hair. 50 years world-wide favorite.



Daughter Is
Stronger Now

"My daughter Catherine is
fifteen years old. She was very
irregular, often sick at her
stomach and had to stay in
bed two or three days at a
time. One of your booklets was
sent to us by mail so I got her
a bottle of Vegetable Com-
pound. Catherine has been
taking it regularly and she is
gaining in weight and every-
way. I told the neighbors and
four other girls are taking it
with good results."—Mrs. Clar-
ence Jenkinson, Box 14, Thom-
loe, Ontario.



Lydia E. Pinkham's
Vegetable Compound

When Pain
Comes

less alkali in water will neutralize in-
stantly many times as much acid, and
the symptoms disappear at once. You
will never use crude methods when
once you learn the efficiency of this.
Go get a small bottle to try.
Be sure to get the genuine Phillips'
Milk of Magnesia prescribed by phys-
icians for 50 years in correcting excess
acids. Each bottle contains full direc-
tions—any drugstore.