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As a health builder, Royal Yeast is gaining in popularity every day. It is a food—not a medicine. It supplies the vitamins which the diet may lack. Royal Yeast is highly beneficial in cases where the system seems "run down". Royal Yeast is the richest known source of vitamins, and when taken into the system acts as a corrective agent. Royal Yeast Cakes are recommended for their purity and wholesomeness. It is the purest, the most convenient and economical yeast on the market.

Two to four Royal Yeast Cakes a day will work wonders. A full day's supply can easily be prepared at one time by using one glass lukewarm water and teaspoon sugar to each yeast cake. Allow to stand over night in moderately warm room. In the morning stir well and pour off liquid. Place in refrigerator or other cool place and drink at intervals as desired throughout the day.

Send name and address for free booklet "Royal Yeast Cakes for Better Health."

W. GILBERT COMPANY LIMITED  
MONROE, TORONTO, CANADA, HENTERS.

### Slave Traffic of To-Day in Africa.

fact, completely wiped out a few small and insignificant tribes living along the boundary, have escaped the consequences of this action. Adde Ababa denies all knowledge of these proceedings. This cannot last much longer. It is only a question of time before raids on a larger scale and more skilfully organized will be made, not into Kenya only, but into other territories bordering Abyssinia. The French have a patrol-boat in the bay, whose task it is to stop the slave trade between Abyssinia and Arabia, through Obok and the Tadjura Bay generally, across the thirty miles of sea which here divide Africa from Asia; but what can one small patrol-boat do?

In 1920 a Foreign Office mission travelling through Abyssinia reported meeting groups of slaves yoked together and moving openly through the country. What is to be the end of all this barbarism? The League of Nations has promised to take up the question next September. Diplomatic representations have already been made by the combined representatives on several occasions. They have invariably resulted in the issue of a notice declaring that slavery and slave-raiding are forbidden. These notices have always been the source of much amusement in the market places and elsewhere in Abyssinia.

Major Darley, who has been Frontier Agent, S.W. Abyssinia, concludes impressively:

The writer wishes to ask advice of the world generally as to what can be done to check these atrocities, for while the League of Nations is getting ready to take steps a race is being run.

On the same subject, Mr. W. D. M. Bell writes in Country Life. He points out that although the slave traffic, for many years past, has ceased to agitate the minds of European peoples, there has recently been a re-awakening in this country's press to the existence of a very considerable traffic in slaves.

The traffic is largely an internal one, as the holding of the sea-coasts by European powers, with their hostile attitude towards slavery, has made it more and more difficult to smuggle cargoes of human freight through the cordon of patrolling gunboats. Occasionally a show-an Arab sailing boat—gets through by a judicious use of the flags of nationalities other than that of the threatening gunboat. Sometimes a clean pair of heels may even be shown to the more obsolete of the anti-slavers; for

shows have beautiful lines below water, and with a monsoon on the quarter a steamer must travel indeed to stay with her, let alone catch her.

The number of slaves landed and sold in Arabia in one year must, I think, be small. A show-master who, by a clever coup, shipped a hundred native labourers as passengers at one East African port for transfer to another some seventy-five miles distant, and put straight out into the Indian Ocean and was never caught, in spite of cables and sunboats, is the exception which proves the rule, let us hope. His cargo must have brought him in a very considerable sum, male slaves in the Persian Gulf fetching by reports 240 a head. But judging by my own experience of East African shows, more than half the cargo must have died of thirst before reaching land, at a more happy-go-lucky, imprudent lot of sea voyagers can nowhere be found.

"Slavery in Africa," continues Mr. Bell, is not now a sea-borne traffic of any great extent; it exists, however, pretty generally throughout Africa, in one form or another, in all the country north of the Zambesi to the Mediterranean.

The Mohammedan tribes of the northern half of Africa are the greatest and best purchasers of slaves. They are also the best owners of slaves—from the slaves' point of view. They work their slaves hard, but they treat them well. Slaves are here treated as members of the family. They are clothed, fed and housed and have certain rights. A slave of exceptional ability may rise in life and may finally free himself. In any case, slave men usually become mated to slave women, and in most cases lead fairly comfortable lives. I have questioned many such and they have had little to complain of, except that they seemed not to like the loss of their children. When asked why they resented this, their natural affection for their children was never brought up as carrying any weight; it was always the business point of view that they stressed. A girl child brought in so much when married off, besides working in the garden, fetching water and firewood, helping the brewing of beer, etc. A boy brought respect and "standing," and supported his father in his old age.

A straightforward state of slavery is met with in Abyssinia. Here captives of raiding expeditions are simply sold in bondage, comparatively few of them reaching the shores of the Red Sea, thanks to the anti-slavery patrols, which are chiefly British.

Geographically speaking the great inland waterways of Africa provide the easiest and safest territory for slave traffic, especially where they form international boundaries. The Upper Nile and the Ubangui River may be specially mentioned in this connection.

As to remedies to be adopted for the suppression of slavery, it would almost seem necessary to have some kind of control of births and deaths in the villages. To begin with, the various states should register all orphans. It is very hard for Africans to resist the temptation to sell their distant relatives at any time, but when that relative is also an orphan it becomes almost impossible. But if that orphan's name were written down in a Government book, that orphan's life would be safe even were the name forgotten or the book destroyed.

Hitherto the official attitude of the various powers concerned has been too lenient towards slavery. Some, if not all, have countenanced it in some form or other. Probably, the proposed commission of enquiry should be international in character and its recommendations carried out by all. Penalties have been light in the past for those caught slaving. Capital punishment, carried out, would quickly stop it.



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Cuticura Soap shows without trace.

### Profits From Birds' Nests

In great limestone caves in North Borneo, are found, glued to the sides in hundreds of thousands, the edible birds' nests so loved by Chinese epicures for making soup.

The nests are built by a species of cave hunting swift of the swallow family, which breeds in colonies. They are formed nest, as the natives believe, from sea foam but from a glutinous substance produced from the large salivary glands of the birds themselves.

There are two kinds of nests, the white and the black. The white nests are clean and semi-transparent, the fine threads of which they are interwoven being not unlike those of a shagreened wax cake.

The black nests are discolored and have grass and feathers mixed with them. The black nests predominate, but the white from which the best soup is made, fetch from ten to fifteen times as much as the others.

The birds carve are in reality the interior of hills which in the course of ages have become hollowed into a series of caverns and chambers many hundreds of feet in height.

Overhead are jagged openings through which shafts of light dimly penetrate. Underfoot are deposits of guano often thirty feet deep. The birds share their haunt with myriads of bats; there is a kind of Box and Cox understanding between the two, the birds occupying the caves by night and the bats by day.

The right to collect the nests is vested in certain families of natives and is handed down from generation to generation. The collection, which takes place twice a year, is a perilous proceeding, and can be undertaken only by skilled men who have been bred to the work.

From a rather stinging stretched across the roof of the cave slender rattan ladders sometimes 60ft. in length are let down. The collector descends into the gloom armed with a four-pronged spear to which a lighted candle is attached.

Swearing dizzily in mid-air and clinging with one hand to his frail support, with deft steps he detaches the nests, which are removed from the spear-head by a second man and hoisted in a basket.

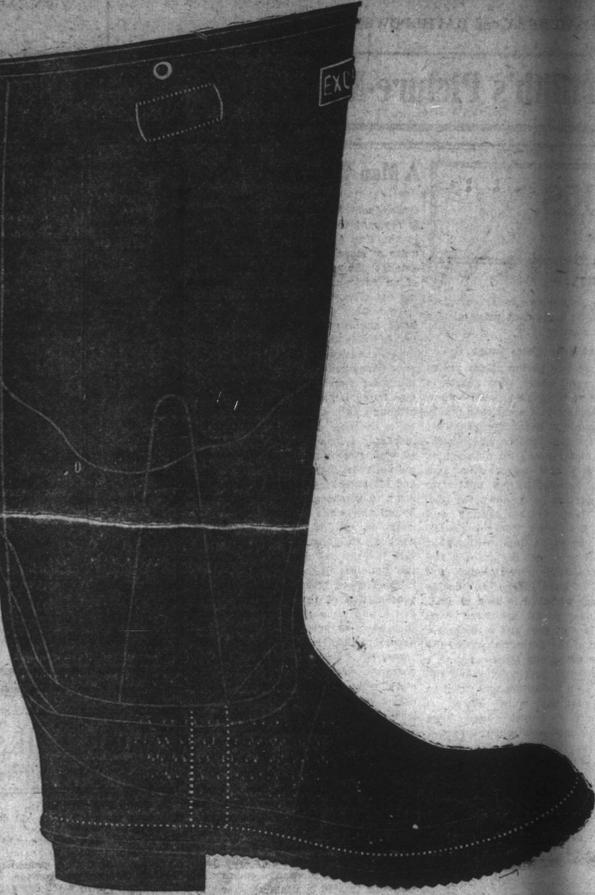
Once collected the nests are packed in strips of tree bark and are sold by auction at the nearest Government station. The bidding is made entirely by the Chinese traders, who export the nests to Hong-Kong.

The receipts from the auction are usually divided into three shares, one for the hereditary owner, one for the collector, and one for the Government.

In a good year the amount realized reaches over £25,000.

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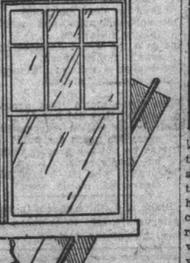
### Shortage of Skilled Labor

Figures compiled by the various unions having to do with the building trades indicate that Canada is going to be very short of skilled labor in these various industries during the present year. The compilation of statistics by the Bricklayers' and Stonemasons' Unions indicate that so far as Ontario is concerned, no less than twenty-three per cent. of their numbers have gone to the United States owing to the activity in the building trades and high prices prevailing for this kind of work in various United States centres.

This movement of labor is by no means new. It has been going on for some months. For instance, in Canadian centres there has been for some time a distinct shortage of plasterers, the United States centres having attracted them at very high wages, running up to \$3 per hour.

If this exodus continues, and it looks as if it would, construction work in Canada is going to be very much hampered during 1923-24, unless we can get relief by opening our gates to skilled British workmen. This is a pressing matter, for at the present prospective builders are hesitating as to whether or not they would be safe in letting contracts and proceeding with work already planned. Our Immigration Department should give the situation its immediate attention. There are any number of idle workmen in Great

Britain, and there is no reason why they should not be profitably employed in Canada.—Saturday Night.



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### THE WEARY COP.

"I wear out lots of leather," the peeler said, "through every kind of weather I chase immoral guys; when after them I've waded nine thousand miles or ten, their sentence is suspended, and they are out again. I chase the evil doer wherever he may flee; I am the grim pursuer, the law is through in me; I chase him and I bag him wherever he is holed, and to the court I drag him, and then he is paroled. There was an accident duffer of whom I've read 'o' nights; his lot was vastly tougher than falls to common wights. 'Twas his to roll a boulder forever up a hill; he sprained his neck and shoulder, and he was sore and ill. But still he pushed forever, I guess he's pushing yet, and all his grim endeavor brought him was honest sweat. And so I chase the tourist who steals your Sunday peace, and then the smiling jurist gives him another chance. And he goes forth from prison, and gets himself a get—a calloused heart is his'n!—and steals your Sunday hat. And so we go on chasing the delinquents who sin; these gents in jail we're placing, but cannot keep them in. I spend the pound and shillin' to have my shoes half-sold, and when I've caught a villain he always is paroled."

### New York Firemen Have Strenuous Time.

An epidemic of fires of varying size and danger had more than forty per cent of New York's fire fighting equipment in action at one time. Fire Chief Kenton, directing a battle against a \$250,000 Far Rockaway fire, said that 125 of the total of 305 pieces of apparatus in the department were in service. Reports on the fire disclosed more dead, more maimed, and three cut by glass.

Twenty-three fire-combating machines were used in the four fires at

Far Rockaway. A big contingent was at work on a stubborn blaze in the heart of fire-risky Coney Island, and the alarm was cast for the firemen's attention at three points in Manhattan, and one in the Bronx.

The series of blazes at Far Rockaway, which for a time threatened to develop a conflagration like that which swept neighbouring Arverne last June, began with a fast-moving flame that swept the Tack-a-Pou-Shaw Hotel, Higson Place and Beach Sixteenth Street, leaped harmlessly over the steel skeletons of the new Hotel Traymore, across the street, and ravaged the Osten Baths. Only the direction of the wind—steady, out to set—kept the sparks from finding

ready tinder in the hundreds of wooden bungalows radiating from the burning hotel.

In some fashion, not made clear, a spark hopped from the engine a concrete mixer at one end of Tack-a-Pou-Shaw. The hotel was a four storey structure, part wood, with a facing of stucco. At one end an addition was being put up to accommodate the summer rush. And it was there that the mixer was at work. The spark jumped from the mixer, ignited a pile of shavings and the flame ran up and into the hotel. Edward Roche, proprietor of the hotel, whose home is opposite it, spotted the fire and turned in an alarm.

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## FRESH ENGLISH BISCUITS

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GREEN CABBAGE—Nice small heads.  
FRESH GRAPE FRUIT—Medium and large.  
FRESH TOMATOES.  
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BANANAS.  
LARGE FANCY LEMONS—40c. dozen.  
LARGE BRIGHT NEW SHELLLED WALNUTS—50c. lb.  
JACOBS FANCY BISCUITS—Comprising the following: Angelica and Cherry Macaroons, Marie, Arrowroot, Rusk, Osborn, Cream Crackers, Butter Puff, etc.  
HEINZ VINEGARS—Malt and Cider, Baked Beans, Plain and Tomato Sauce, Vegetarian Baked Beans, Peanut Butter, Olives, Soups, Sauces, etc.  
VALENCIA ORANGES—40c. dozen.

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