DREADED INFLUENZA

Medical Men Believe It Will Again Visit Canada This Autumn and Winter.

There is a widespread belief among medical men that the epidemic of la grippe, or influenza, which swept over the world last year, will again appear in Canada during this autumn and coming winter. This dangerous trouble spares neither age nor sex, but it coming winter. This deligned by the ble spares neither age nor sex, but it naturally finds its easiest victims among those who are run down in health, or those whose blood is weak and watery, and it is among the latter class in which the greatest number of fatalities occur. The surest way to prevent an attack of this dreaded trouble is to keep the blood rich and pure, and the safest and best way to do this is throwth the way to way to do this is through the use of Dr. Williams' Pink Pills.

reasonable precaution to avert an attack of influenza or la grippe should be spared. The disease itself is deadly, but its after-effects, among those who are spared, make the life of the victim one of constant misery. Ask almost any of those who have been attacked by influenze what their present condition of betth for been attacked by influenza what their present condition of health is and most of them will answer: "Since I had the influenza I have never been 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 exer-tion. This is due to the thin-blooded condition 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 condition will continue until the blood is built up again, and for the purpose of building up the blood and strength ening 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

women.

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 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

Just over a thousand years ago. there was much stir in the waters round the Orkney Islands; much go-ing 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 sud-den returnings with the spoils of vic-tory. For the Orkneys of those days were noted, far and wide, throughout the northern seas, as the stronghold of the Norse pirates, the Vikings, or "creek dweller." The Orkneys pro-vided them with all the creeks they needed; a hundred narrow channels, who did not know every inch of the way, was almost impossible; land-locked waters. like Scapa Flow, in which ships could ride at anchor in complete security every every second ride at anchor in complete security, even when "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 site for the city, the port, or the stronghold has always remained obvithis purpose or that The ous through the centuries. So neys, 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 inland water large chough and secure enough to intern a great fleet of war-ships, the British Government natural-ly bethought itself of Scapa Flow, in the Orkneys, around which, although little has been build up, during the last four 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 control of the contro when the depredations of the Norse pirates, from their stronghold in the northern isles, were fast becoming in-tolerable 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 up into various little kingdoms. Some times, one king would be more powerful than others, and would smaller neighbors, but these an nexations were never permanent, and the tendency always was toward a the tendency always was toward a splitting up again into component parts. Harald, however, ascended the throne of his kingdom in southern Norway with the initial advantage of not having any brothers to provide for. He inherited the whole of the kingdom, and when he had firmly established

> Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tire, Smart, Itch, or Burn, if Sore, Irritated, Ledand of C. Inflamed or Granulated Safe for Infant or Adult.

himself, commenced colorging his borders. This he did with such cuscuss 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's determination to put down piracy, they opposed him with all their might. Harald, however, was determined to make an end. It was impossible to attack them by land, and three years elapsed before he was salle 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 ophe completely overcame the western Vikings, and with this victory all op-

Vikings, and with this victory all opposition 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
crown. They remained under the They remained under crown. 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 Barl of Angus, whom the King of Norse and N Darl 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. became perpetual.

In the days before the war, the Ork-

neys and the Shetlands seldom obtrud-ed themselves on public notice, save on one occasion of a general election. 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 unthis constituency are never known un-til fully two weeks after the result in th fully two weeks after the result in every other constituency in the United Kingdom has been recorded.—Chris-tian 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 situated near the port of Tuxpam. For some distance from the shore the water there is so shallow 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, 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 the waves have no effect upon them. When they were laid divers fastened to the end of each 120 feet of flexible home. When not in was the free end of

to the end of each 120 feet of flexible hose. When not in use the free end of the hose is closed and allowed to lie on the sea bottom, where its position is marked by a mall buoy attached to the hoe by a tout chain.

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 steams. means or 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 one of the large 15,000 ton tankers, which means that the pipes deliver 4,376 barrels of oil an hour.

Very Quarrelsome 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 tons of slate would be sent to market. To transport this increase to market. To transport this increased 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 takes. average, in the amount of ash, taken average, in the amount of ash, taken for the whole country. Also, that this increase in ash content meant an additional loss of 17½ 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 tons of this amount were inert material.

Hunter's Secret of Success.

As a hunter the native Australian is marvelously adjusted to the envir is marvelously adjusted to the environments. His success lies in an intimate 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 pelicans by imitating their cries, catches ducks by diving their cries, catches an opossum in a 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 birde, and follows a in Canada. Write for Free by the action of birds, a scompany. Chicago, U.S.A. bee to its store of honey.

The Winged Pencil

Felix Marnet took his diplome in ecience to please his rather, who was a cliemest. But his amhitions were 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, detending Schultz. "C'est un brave homme."

"The only good Boche is a dead Boche," Nadeau invariably replied. "You are young and generous. You do not remember "70. You have not lived in Berlin. It is a generation of vipera. The man's name is Schultz. That is enough."

But Marnet stuck to kind was a chief to be a condition of the second."

snough."
But Marnet stuck to his friend. Their bond of union was chiefly chemical invention, for which Marnet had an hereditary talent. Henri Nadeau was the most con-

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.

they had been instructive.

Clearly Nadeau saw what was to come. And even since his return to 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 traitore in her bosom. But in those days the warnings fell on dear ears.

Then came Armagadde.

Then came Armageddcz. 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 of ware the series of ware and the series of ware the series of war. days at work in an explosive labora

Nadeau's paper came over the frontier with the others. It was full at first of the Chasse aux espions and need of swift internment of every need of swift internment of every German. Then it began a campaign against enemy businesses. To soldier's pen grew more trenchart 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. He held strings or the Secret Service.

Von Bessermann had always hated
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 honor on the list of hostages to be

to Iresh rage. Nadeau had a place of 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, 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 Frans Schultz was his friend in Paris, (3) that Schultz was in a Berlin laboratory. This connection methodically established, Schultz received a summons to Von Bassermann's office.

Von Bessermann explained. "It will not be difficult," said Schultz. "Good Lleve it have a sur-

"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-

tary.
"There is Kurz, that is to say, Van

Dynheer," said the secretary.
"Arrange it, and report." Schultz 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 al-The errand boy he came upon al-

nost always served to get acces Nadeau. "A neutral from Berlin," he said to Marnet. "Aha! let us hear what this one has to say. Show him up." He came in with the most plausible

air. He told Nadeau just what Nadeau 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.

"The day of victory is the only day worth troubling abaut." said Nadeau. "And that is in our calendar." "Presently," said Van Dynheer. Marnet, no longer Germanophile, but less blindly Germanophobe than Nadeau, felt vaguelly distrustful. For no reason in the world but his intuitions, he decided the man was a liar, and Nadeau'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 "Show me,
his hands.
Van Dynheer pulled a packet out of
his pocket carelessly. A knife and a
thickish blue pencil tumbled out at

thickish blue pencil tumbled out at the same time.

(Marnet picked up the pencil.

"I will tell you something about that in a moment," said the Dutchman. "Volia, M. Nadeau"—he unwrapped the packet—"this is what our Boche friends have to content their fat stomachs with now."

Marnet began to write with the pencil. "It goes well," he said.

"Take care," said Van Dynheer suddenly. "The lead breaks easily."

"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 went out.
"Eh, bien!"—Nadeau raised the bread to his lips—"let us taste this famous war bread. Mon Dieu, but it is hard! And sour."

"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 kind."

kind."

"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 heneath papers."

"And always one's pen is buried beneath papers," said Nadeau.

"Bais, Monsieur," said the Dutchman. "I leave it with you. As a souvenir,"

Nadeau protested But the Dutch

Nadeau protested. But the Dutch-

man was insistent.
"Eh, bien! I accept it. You are very kind." Van Dynheer bowed. "For your next encounter with the Boche," he

"I shall break the lead," Neadeau said

said.

"So much the better." Van Dynheer rose. "You will excuse me. I have an appointment. Good-bye."

Nadeau went to the door with him and, as he returned, "That is a most interesting man," he said to Marnet. "One should always receive such."

"For, me," said Marnet, taking it up, "his pencil is more interesting."

"Why is that?"
"Because it is a little invention of

"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, I dabbled in chemical inventions. I was also interested in amateur 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 peculiarity."

"Wait. There was an editor in the sketch who had such a pencil as this. He wrote with it, broke the lead. Then

e set it down, and it stood just as 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

"A doubly winged pencil, For wing-ed words—how useful!"
"But do you know what lent it

"No."

"A little explosive."

"Mon Dieu, you would say that—"

"Precisely. See," he jerked the end of 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——"

"Heavens!"

"M. Henri Nadeau came down to his office one morning, for the next

his office one morning, 'for the next encounter with the Boche.' M. Henri Nadeau does not write as a fly. His hand is heavy upon the Boche and upon his pen. And the lead breaks.

And the glass breaks, and the liquid

emerges. 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 writing."

"There is presently no longer M. Henri Nadeau. Recollect that the cas-

"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 for Marlette. It was what I wrote with the pencil and gave her. Ah! the good Schukt. He was foolish to copy my pencil so elavishly. I knew it at once. And the weight and Van Dynheer's fears—how I 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 useful."

As they went out of the room to-gether, Marnet said, "Schults 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 room he humble, simple accustomed sights and sounds that bring the soul at once into the open air. - Henry

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

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, the cookie shapes. shalves, 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 fillings 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 chopped 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, one-half pint of whipped cream, one cuphalf pint of whipped cream, one cup-ful of milk, seasoning of salt, butter-ed 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 removed. 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. 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 an inch thick

PEPPER SANDWICHES.

Three green, sweet peppers, three hard-boiled eggs, small cupful of mayonnaise, thin slices of buttered bread. Run the peppers and the eggs through the meat chopper or chop them finely in a chopping bowl. Cover the chopped material with sufficient mayonNature and



rom pain at regular or irregular inte who are nervous or dissy at times, should take that reliable, temperance, herbal tonic which a doctor in active practice prescribed many years ago. Now sold by druggists, in tablets and liquid, as Dr. Pierce's Favorite Prescription.

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

Bufralo, N. X., for trial package.

Weoderroux, Owr.—"I cannot say enough in praise of Dr. Pierce's Medicines. I had nervous broatse of Dr. Pierce's Medicines. I had nervous broatration and was completely 'down and out.' I was so had the dectors considered mine a hope-ion case. I was much discouraged and was teady to give up when I began taking the Pavorite Prescription' and the Golden Medical Discovery. These medicines by the Golden Medical Discovery. These medicines by the fewer's Medicines to many, especially the 'Favorite Prescription.' I know of many a yeung Pavorite Prescription.' I know of many a yeung Pavorite Prescription.' I know of many a yeung recommended Prescription that has been wonderfully helped.
"I am sled to lend my name in connection with Dr. Pierce's Medicines, knowing how good thay have "—Hope A. I. Montanes. (No Ving Russes).

CHRIST'S HOSPITAL

The Quaint Old School in Newgate Street.

"The old school in Newgate street, founded in 1852, and sacred to the memory of Charles Lamp). Samuel Taylor Coloridge, Leigh Hunt, and many other distinguished men, was built on the street of an ancient monastery. The one of the finest Horsham occupied one of the first Horsham occupied one of the first Horsham occupied one of the first Horsham occupied on the first Horsham of the first Hors

Truth is the highest thing that man



THE WALKER HOUSE

CANADA 9

