

THE ROYAL KITCHEN AT WINDSOR CASTLE

ASSOCIATED WITH ROMANCE OF PAST AGES.

Where the Same Range Which Cooked for Charles II. Now Serves George IV.

Such is the description of the Royal kitchen at Windsor Castle.

Indeed, there is probably no kitchen in the world more associated with the romance of the past centuries. If its walls could speak, what tales they could tell of banquets prepared for the feasting of long-dead kings and their merry courtiers!

Within them were cooked dainty dishes to tempt the appetite of our second Henry. And since that time—seven centuries and more ago—the kitchen has ministered royally to the board of every Sovereign who has worn the crown of England.

Twice the third of our Henrys tried his renovating hand on it; but although torches have given place to candles, candles to gas, and gas to electric light, and though its culinary equipment has often been renewed, King George sees his kitchen to-day pretty much as our Plantagenet Kings saw it.

Even much of its present equipment is hoary with age. There is a meat screen of oak lined with metal, which proudly flaunts the Tudor badge, in honor of Henry VIII. There are two ranges, in which many a joint was cooked for the "Merry Monarch" and his fellow-revellers, and there are utensils still in daily use which were doing good service before Trafalgar was fought.

A Vaulted Cathedral.

As this ancient door opens ponderously, and we enter the kitchen of romance, our eyes are dazzled by the glitter of the enormous copper pots and pans which flash their ruddy fire around the walls. It is only when our eyes become accustomed to the glitter that we realize the vast proportions and the vaulted dignity of the room we have entered.

At each end of it is an enormous range, with a screen of oak fashioned in Stuart days. There are four tables solidly fashioned from beech which once spread their shade in Windsor Forest. Of these, one is used for luncheon and second-course work, another for soups and sauces, and a third for entrees, while the fourth is reserved for the kitchenmaids, who are responsible for all plain fish, the stewards' room and the servants' hall.

There are stores—miracles of modern perfection—adapted to the most delicate of cooking; a tiny range, specially designed by the Prince Consort for the roasting of game by charcoal; and a wonderful serving-table of hollow steel, on which the dishes are kept hot by steam.

There are brooding angling stocks of copper, stew-pans, braising-kettles, and so on through the widest range of cooking utensils, which line the walls in dazzling phalanxes. And over all, the vaulted roof, with its rows of ventilating windows, rises high as the roof of a small cathedral.

The Chef and His Staff.

The ministers of this temple of gastronomy are a small and perfectly-trained army of master-cooks and apprentices, yeomen of the kitchen, assistant cooks, roasting-cooks, scullery, green-office men, kitchen-maids, and so on, each of whom, clad in spotless linen, discharges his or her duty with the precision of a highly-trained soldier.

Even in the thick of preparing the largest and most elaborate Royal banquet, the great kitchen machine moves with absolute smoothness and regularity. Everything is in its appointed place.

Such smooth perfection of working could only be ensured under the direction of a very competent chef, and King George's chef is one of the king's of his craft.

At eleven o'clock every morning he makes his appearance. In his office, and arranges the menu for the day. This done, so capable and reliable is his staff, he has nothing more to do until the time of preparation arrives, when he takes control of the kitchen, and with keen eyes "everywhere at once" sees that every course is not only as perfect as human skill can make it, but that it is ready to be served at the exact moment.

Nor is his sway by any means confined to the kitchen we have described. There are, in addition, pastry and confectionery departments, to say nothing of a bake-house and a coffee-room, each with its own staff of experts who, under the chef's direction, produce the most seductive of delicacies, from *Pâtisserie Fondante* to *Glace à la Siamoise*.

The first Atlantic cable message to Canada was on Aug. 12, 1858, from Queen Victoria.

Are you one of those boys who save their parents' money only by not being twins?

Until your mind and your body are on fire with eagerness for the thing you want to do, you will remain a common, ordinary man.

A TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Availability and the Value of Plantfood.

Why do crops need plantfood at all? Ninety-five per cent. of the average growing crop is water; 45 per cent. of the solid matter is made up of carbon, oxygen and hydrogen; less than 5 per cent. of the growing crop is composed of mineral constituents which the plant obtains from the soil. In her wisdom, nature has provided, however, that this "less than 5 per cent." is just as essential to the growth of the crops as the other 95 per cent. Then, in speaking of the essential plant foods, while we are dealing with a very small percentage of the plant, we are actually dealing with things absolutely necessary to crop growth.

Four important constituents of plant food which are found in the soil are lime, nitrogen or ammonia, phosphoric acid and potash. You, of course, remember that lime sweetens the soil and helps the strength of the growing plant; nitrogen causes its leaf, stalk or straw growth, phosphoric acid invigorates its root growth and causes early ripening, and potash has a great resist disease, and also helps the deal to do with the power of the plant filling of fruit, grain or tuber.

Canada's coal resources are estimated, in a report of the Department of the Interior, at 1,234,269 million tons, or two-thirds of all the British Empire. Of this total, 2,138 million tons is anthracite, 283,601 million tons bituminous, and 948,450 million tons lignite and sub-bituminous.

A Scotch Egg's Worth.

In the days when eggs were used as common tender in certain parts of Canada an old Scotsman went to the store to buy for his wife an "egg's worth of darning needles." In those days, writes Mr. Newton McTavish in the *Canadian Magazine*, the general store prevailed, and the stock in trade frequently included whiskey and other strong liquors.

Surnames and Their Origin

POMEROY
Variations—Pommeroy, Lapommeroye, Appleyard, Applegarth.
Racial Origin—Norman-French.

Source—A locality.

Pomeroiy is a family name belonging to that group which originated as descriptive of the locality in or near which the original bearers of the name lived. It means "apple yard."

It is an old name in England, being traceable back to the days of Norman dominance, in which, together with the period following it, most of the English family names developed into such from mere descriptive phrases.

The original form of the name, as it is found in the old records, is "de la Pommeroye" ("of the Appleyard"), but the Saxonized version appeared quite early, at first in the form of "Alte Appleyard," and later with the prefix eliminated.

Pomeroiy, of course, is simply a variation from Pomeroiy in the development of the spelling from "Pommeroye."

While Pomeroiy in some instances is more recently imported from France, the more usual form of the name as existing in that country to-day is *Lapommeroye*. There has been little difference in the manner in which the true French and the Anglo-French family names have developed. In many cases they are almost identical. The principal difference in trend, except in the large class of family names formed from diminutives of given names, has been the dropping of all prefixes in England, while the French, though dropping the "de" quite often, have tended to retain the "la" or "le."

The storekeeper whom the Scotsman approached had "given out" that he would "treat" every customer. Sandy obtained the needles, then he waited with some patience for the treat. At length he was constrained to remark:

"I'm hearin' ye're givin' a treat to every customer."

"You'd scarcely expect a treat with an egg's worth of darning needles," the storekeeper replied.

"Ah, weel, bit ye canna draw the line too close—a customer's a customer."

"All right. What'll you have?" "I'll take a bit whiskey."

The storekeeper poured out a horn of whiskey and laid it on the counter. "I'm used to haein' a bit sugar in it," said Sandy, smacking his lips.

The storekeeper opened the bin and dropped a lump of sugar into the glass. Sandy looked at the concoction, hesitated a moment, and then spoke again.

"I'm need to haein' an egg in it," he ventured.

The storekeeper reached behind and took from a shelf the very egg that Sandy had traded. He broke the shell and let the contents drop into the glass. And, wonderful to behold, there were two yolks! Sandy looked on, and a smile of satisfaction came to his face as he raised the glass to his lips.

Genuine Surprise.

"Tittleton, the tragedian, boasted that nature was his only teacher. 'Please tell me,' an admirer once asked, 'is that expression of astonishment you assume in the second act of your last play copied from nature, too?'"

"It is," said Tittleton. "But I had no end of trouble to get it. To secure that expression I asked an intimate friend to loan me a dog. He refused. That caused me no surprise. I tried several other friends. They refused. I was not surprised. Finally I asked one who was willing to oblige me, and as he handed me the sum I studied in a glass the expression of my own face. I saw surprise there, but not astonishment. It was alloyed with the suspicion that the money might be counterfeit. I was in despair. Where should I find genuine astonishment?"

"Well," continued the admirer, "where did you get it?" "Then an idea struck me," the tragedian said. "I resolved upon a desperate course. I returned the \$50 to my friend the next day, and on his astounded countenance I saw the expression I sought."

WHEN BABY IS SICK

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—she needs *Baby's Own Tablets*. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers."

The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

It is better to pay a debt than to get a present.

To-day the Seed of To-morrow.

Some of the most miserable wretches I have ever known were always dreaming about a happy to-morrow. They had focused for so many years on the future that they had neglected to cultivate the present which is the seed of to-morrow. Somehow we seem to think that we are going to reap a wonderful to-morrow without sowing our to-day; but to-day is the cause of to-morrow and the effect can not be greater than its cause.

London Church is Haven for Homeless.

The Rev. H. R. L. Sheppard, rector of the historic church St. Martin-in-the-Fields, opens the church doors each evening to any of the homeless who come. Each night the church is filled, says a London despatch.

A constable of the "woman police service" stands watch in the aisle all night, and to her the visitors tell their stories. She directs them to places in the cushioned pews and they sleep there, the men on the right of the aisle, the women on the left.

The homeless, the evicted, the unemployed all find shelter there. Computers who have missed the last train home, well-to-do country folk who have come to London and are unable to get accommodations in the crowded hotels, rest beside beggars and the man who has "a promise of a job next week."

It has been suggested that other churches open their doors in this way.

"Pape's Diapiesin" Corrects Stomach.

"Pape's Diapiesin" is the quickest, surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach correcter in world.—Adv.

Success.

I fought for you, and I wrought for you, and I strove to win your smile; I toiled for you, and I toiled for you, for I deemed you well worth while. I ran life's race at a frenzied pace, and the goal I had in view was an envied name on the scroll of fame.

And a liberal share of you? I sighed for you, and I lied for you, and for you I staked my all; I longed for you, and I wronged for you.

But—your honey was mixed with gall. I have won you, yes, but I must confess

That my triumph is small and mean; For in life's great game, neither name nor fame

Is the worst choice, I ween. I dreamed for you, and I schemed for you,

and my scheming was not in vain; I wrestled for you, and contested for you,

But the best I have failed to gain. In my selfish quest, how little I guessed

That fame is a fleeting breath; That riches, renown, are as thistle-down

But that love shall be love till death!

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT: "I have used MINARD'S LINIMENT in my home, hunting and lumber camps for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is able to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly." (signed) Ellison Gray

A Twenty-Foot Tail.

The peacock prides itself in its tail, which it knows how to exhibit to advantage when it suits its purpose. There are other birds which have just as much reason to be proud of their tails.

A Japanese cockerel, known as the Yokohama cock, possesses a tail of enormous length, so long, in fact, that special cages have to be designed for the birds.

The height of these cages may be judged from the fact that the tail of ten reaches a length of from eighteen to twenty feet. In order to protect this long tail from damage, it is allowed to hang over other perches arranged in position for the purpose.

When the bird takes exercise, as it must upon occasion, its tail is carefully held clear of the ground by a train or rather tail-bearer.

If the bird should have to go on a journey, its tail is carefully rolled up and packed in a pretty separated compartment.

The greatest care is taken not to damage the tail, as once it has been damaged it never again reaches anything like its former perfection.

WORKING FOR SOLUTION

Carriers Studied Exchange on International Freight.

Definite progress towards a solution of the vexed question of exchange on international freight charges between the United States and Canada seems likely, as a result of a meeting of representatives of the principal Canadian carriers at Montreal recently.

The question, which is a most complicated one, was again considered from all its angles, and a tentative plan was prepared involving an average varying surcharge, which, it is hoped, will lead to a solution which will be satisfactory to all parties interested. It is appreciated, however, that in the working out of this problem it is of the utmost importance that the integrity of the through rates by the different gateways must be maintained to avoid the danger of a cancellation of all international tariffs.

Owing to the diversity of conditions affecting the various classes of traffic, and the far-reaching effect of any action which may be taken, a full examination of the international charges and consultation with United States carriers is necessary. This has already been undertaken by a committee appointed for the purpose, and the matter will be pressed to a definite conclusion at the earliest possible date.

The Boy Scouts Association.

The citizens of one hundred and twenty-seven cities, towns and rural communities in the Province of Ontario know the value of the Boy Scouts because they see them every day walking the streets, playing their games and doing their work. And as a group there are not better, brighter and more promising boys than those same Boy Scouts.

Any boy in Ontario, twelve years of age or over, may become a Boy Scout if he promises to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, and can make several cordage knots.

The plan is to group a number of boys (preferably not more than 25 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"—a carefully selected, clean, intelligent, boy-loving, volunteer leader—always a man of sterling character and mature judgment. Each Troop and Scoutmaster are under the supervision of a "Troop Committee" of responsible citizens, usually officials of the church, school, community association, club or other organization with which the Troop is connected.

Through such leadership the boys of the troops are kept interested in a programme of play activities that are health-giving and educational. They take long tramps, studying nature in all its forms. They learn woodcraft and how to take care of themselves in the open. They have troop meetings each week for study, handicraft, experiments, demonstrations, etc., and go into camp every summer under trained directors.

In a hundred ways the boy's time is occupied. The programme is so varied and so fascinating to the boy that he simply hasn't time or opportunity to trail with an idle gang or to turn into the evils that beset the path of the idle boy.

Full information regarding the formation, registration and conduct of Boy Scout Troops may be had upon application to the Provincial Headquarters, The Boy Scouts Association, Bloor and Sherbourne Streets, Toronto. Commencing with this issue news notes and items of general interest regarding the movement will be published almost every week in these columns.

The Best Medicine.

Prescribed for members of the League for Longer Life:

Two miles of oxygen three times a day. This is not only the best, but cheap and easy to take. It suits all ages and constitutions. It is patented by infinite wisdom, sealed with a signet divine. It cures cold feet, hot heads, pale faces, feeble lungs, and bad temper. If two or three take it together it has still more striking effect. It has often been known to reconcile enemies, settle mutual quarrels, and bring reluctant parties to a state of double blessedness. This medicine never fails. Spurious compounds are found in large towns; but get into the country lanes, among the green fields, on the mountain-top and you get it in perfection as prepared in the great laboratory of nature.

Sea cows of the tropics live equally well in salt or fresh water.

ATHLETES—Muscular fatigue quickly yields to the use of

BAUME BENGUE

Try a tube today. BEWARE OF SUBSTITUTES. THE LEEMING HILLS CO., LTD., MONTREAL. Agents for Dr. Jules Benguet. RELIEVES PAIN.

ISSUE No. 1—21.

BITS OF HUMOR FROM HERE & THERE

Her Translation.

"Say looky here!" demanded a chin-whiskered customer in the rapid-fire restaurant. "I want a good, substantial meal; but suthin' that'll fill me up."

"Bale o' hay for the gent from Jimson Junction!" calmly yelled Heloise, the waitress, back to the kitchen.

Woman!

Little Boy—"Mother, are there any men angels in heaven?"

Mother—"Why, certainly, dear."

Little Boy—"But, mother, I never saw any pictures of angels with whiskers."

Mother—"No, dear, men got in with a close shave."

Trying Out Chaucer.

A story that illustrates the literary ignorance of many a modern book salesman is told by Sir Thomas Lipton.

There is a company in England that runs about a thousand bookstalls, and Sir Thomas applied at one of these, a minor one, for Chaucer's *Canterbury Tales*.

"Haven't got it, sir—that is, not at this stall," replied the youth who was in charge. "You see, we're trying it out at a few of our larger stalls to see how it goes. If it makes a hit, why, then we'll have it here."

Easy Money.

A motorist touring in the western counties, where, though the scenery is beautiful, the roads are bad, managed to get his car stuck in a treacherous mudhole.

After he had made vain attempts to escape a boy appeared with a team.

"Haul you out, mister?" "How much do you want?" "Two dollars."

After a long and fruitless argument the motorist agreed to pay the money asked and the car was pulled to dry land.

After handing the money to the lad the motorist asked:

"Do you haul many cars out in a day?"

"I've pulled out twelve to-day."

"Do you work at night, too?" "Yes, at night I haul water for the mudhole."

Question of Direction.

Arithmetic, according to the average small boy, was simply invented in order to give teachers a good excuse for punishing their unhappy pupils. And, certainly, little Tommy Smith found it the unpleasant feature of his young life.

"Now, Tommy Smith," said the school teacher one morning, during the usual hours of torture, "what is the half of eight?"

"Which way, teacher?" asked the youngster, cautiously.

"Which way?" replied the astonished lady. "What do you mean?"

"Well, on top or sideways, teacher?" said Tommy.

"What difference does that make?" "Why," Tommy explained, with a plying air, "half of the top of eight is naught, but half of it sideways is three."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Canada conducts a large and growing whale industry off the Pacific coast of Vancouver Island, with three whaling stations; 432 whales were caught in 1919, running from 20 to 90 feet in length, averaging a ton in weight for each foot of length. The catch produced 2,107,924 gallons of whale oil, 540,280 gallons of sperm oil, 3,450 tons of fertilizer, and 1,400 tons of whalebone, nothing being wasted.

Whale meat is now a marketable commodity, being put up in cans like salmon. A 60-foot whale will yield \$900 worth of oil, etc.

Minard's Liniment Relieves Distemper

ONLY TABLETS MARKED

"BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada. Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains only one Aspirin—"Bayer"—You

Aspirin is the trade mark registered in Canada of Bayer, a German pharmaceutical manufacturer. While it is well known that Aspirin is the trade mark of Bayer, the public is not generally aware that the Tablets will be stamped with their general trade mark, the "Bayer Cross."

Headache, Toothache, Neuralgia, Lumbago, Rheumatism, Joint Pain, etc. A few cents.

Classified Advertisements.

FARM WANTED.
I AM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

Spots of Sensation.

Distributed all over the body, in and just beneath the skin, are nerve-ends which respond to touch or other stimuli. Half a million of these react only to cold; 30,000 convey only the sensation of heat.

There are three or four million pain spots, which are scattered much more thickly on some parts of the body than on others. Thus the left side is more sensitive than the right, and the inside of the arm or the leg possesses a greater sensitiveness to pain than the outside.

The hot spots and cold spots are much mixed up together. Thus, if a person be blindfolded and told to plunge his fingers for an instant into hot water he will hastily withdraw them, with the impression that the water really is hot, when in reality it may be ice-water.

Minard's Liniment For Dandruff.

Lots of people say things they ought to be ashamed even to think.

It is not the oath that makes us believe the man, but the man the oath.—Aeschylus.

America's Pioneer Dog Remedies
Book on **DOG DISEASES**
and How to Feed Mailed Free to any Address by the Author, W. Clay Glover Co., Inc., 115 West 1st Street, New York U.S.A.

WEEKS' BREAKUP-A-COLD
TABLETS TRY THEM PRICE 25¢

TROUBLED WITH ITCHY ECZEMA
In Rash On Face And Limbs. Cuticura Heals.

"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night. I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hyman, Paris, Ont., Sept. 12, 1919.

Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without soap.

Warming relief for rheumatic aches.

HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All druggists have it.

Sloan's Liniment (Pain Expeller)

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name