

Always have another bottle handy

It's a wise investment to keep a supply of Bovril in your kitchen. The Grocer isn't always handy, or isn't open at the time you need it. Bovril is a handy and nutritious food. It's a boon to the busy housewife. It's a boon to the invalid. It's a boon to the traveler. It's a boon to the soldier. It's a boon to the sailor. It's a boon to the worker. It's a boon to the student. It's a boon to the man of business. It's a boon to the man of letters. It's a boon to the man of science. It's a boon to the man of art. It's a boon to the man of religion. It's a boon to the man of all things.

BOVRIL

An Indispensable Favorite

OR

Wealth and Beauty at Stake!

CHAPTER XXXII.

"Rosie is my mother since she is his," she tells herself in her loyal love "and I will obey her, and be loving to her, and defend her to the utmost of my power. My home shall always be hers, and, if I had to work for my daily bread, she should—she should still—have the best I can give her. Her dear sake as well as her own."

She carries the dainty supper most carefully, and places it on a small tray.

"Thank you, James," she says, "I will take up to Lady Nora myself; I thought to sit with her for a while. Cousin Wilnot, will you and aunt have some wine or a little jelly?"

"No, thank you," Mrs. Sarjent answers, frigidly.

"I will, thank you, cousin, though we had an excellent supper at twelve," Wilnot says, cordially, helping himself, though he is neither hungry nor thirsty.

Yolande thanks him with a most graceful look, she carries off Lady Nora's supper tray.

Lady Nora has thrown off her odalisque dress, pulled off her turban and pearls and false platts, and, wrapped in her wadded silk dressing gown, is lying back moodily in a chair, gazing absent and frowningly at her dressing table, strewn with jewels and lace and withered flowers, while her



Does Baby fret?

In the majority of cases it is a question of food. Either the diet of the mother who is feeding her child is insufficient or unsuited to her peculiar need, in which case Virol will help her, or the food substituted for that living liquid is unsuitable to the needs of the child.

More than 3,000 Infant Welfare Clinics and Public Health Authorities are meeting these difficulties by supplying Virol the food specially designed by Medical Experts to meet the needs of growth and development. Virol contains those vital principles that enable the body to transform food into living tissue. Virol is such a palatable and delicate preparation that it is assimilated by the weakest digestion.

Try Virol for yourself and for your little one.

VIROL

Has your baby the Virol Smile?
VIROL LTD., HANGER LANE, BALSING, LONDON, W.3.

The Cancer Menace

FOURFOLD INCREASE IN SIXTY YEARS.

CHRONIC IRRITATION AS ONE OF THE CAUSES.

The melancholy fact is disclosed in a memorandum issued by the Ministry of Health that Cancer has increased fourfold in a little more than 60 years. This memorandum has been prepared in view of the great and increasing amount of suffering and death due to the disease in this country, the public concern which is evoked by its prevalence, and the failure so far to find a preventive or cure for it. The object is to summarize present knowledge with regard to the incidence of cancer and to offer for the consideration of local health authorities some suggestions which it is hoped may be useful to them in their efforts to inform public opinion on this important subject. After reviewing the characteristic features and the natural course of the disease, the memorandum deals with the extent of cancer mortality and its increase, in a population of 87,858,448 persons in England and Wales in 1921, a total of 48,022 deaths were attributed to cancer. These figures imply that out of each average million persons 1,315 died of cancer. The death rate per 1,000 of the population attributed to Cancer in England and Wales has gradually increased since 1851-60. To some extent this fourfold increase is due to the fact that a larger proportion of the population than formerly is now of those ages at which deaths from cancer commonly occur, but, when full allowance has been made for this

Ageing of the Population

In the space of two generations, the recorded mortality has trebled. It has long been a matter for discussion, continues the memorandum, to what extent this increase has been due to improved diagnosis and more accurate certification of cause of death, but, while little doubt can exist that these facts have been contributory, it has now been recognized that they will not account for the whole of the recorded increase. During the period of 20 years from 1901 to 1921, in which cancer increased by 20 per cent, the general death-rate fell by 32 per cent, and that of infants by 45 per cent, and that from tuberculosis by 38 per cent, while substantial declines were recorded with respect to most other causes of mortality. The most rapid increase in the death-rate from cancer, according to latest available returns, is occurring in old age. Regarding proclivity to the disease, the memorandum points out that hereditary predisposition to cancer has not at present been proved to be of any practical importance in man, that it cannot be ascertained with scientific authority that the use of any particular article of food increases the liability to cancer or prevents it from appearing, that no known drug or preparation will prevent its appearance or cure it when present, and that no danger of cancer has been proved to result from inhaling house or district air in which cancer happens to have been exceptionally common. There is no evidence to show that cancer is an infectious or contagious disease. The committee emphasize the value of early treatment, and state: "The essential point is that the patient should not postpone or delay seeking competent medical advice, and, above all, should not waste time, which at best are wasted, and at worst aggravate the disease. In any condition in which cancer is suspected

Immediate and Decisive Action

is necessary. Regarding local health authorities and cancer questions the memorandum states, in reference to propaganda, that much caution is obviously needed in announcements to the public, in order to avoid overstatement, the making of promises which are not warranted by evidence, or the production of needless and mischievous apprehension of cancer. If this is realized knowledge of the main facts of the disease may usefully be spread through the ordinary agencies of public health departments. Turning to facilities for diagnosis and treatment, the memorandum states that it is not contemplated or suggested that there should be established throughout the country a public cancer service analogous to the service for tuberculosis or venereal diseases, or that for treating acute infectious diseases. Even if such a service were considered desirable it would be out of the question until other matters, such as the improvement of under-graduate and post-graduate medical education have been further developed. But public health authorities, insurance committees, boards of guardians, or other public bodies concerned should not feel discouraged from individual action within the competence of these bodies, from assisting in securing better facilities for diagnosis or more effective treatment of cancer in the areas or institutions under their jurisdiction. It has, for example, been suggested that the local authorities, in conjunction with the local representative bodies of the medical profession in suitable areas—acting through a

Special Cancer Committee or otherwise—might periodically undertake a review of such nestions as the following:—

1. Improving the local facilities for clinical consultations and for pathological examinations.
2. Improving the local facilities for cancer treatment (operating or provision of X-ray and radium apparatus) and considering the adequacy of arrangements for this purpose at hospitals, local institutions, etc., which serve the area.
3. Improving the facilities for transport of patients.
4. Arranging locally for post-graduate demonstrations, lectures, or courses in cancer for medical men practicing in the area.
5. Arranging locally for the education of the public, as indicated.

Referring to causes of the disease, the memorandum states that certain varieties of chronic irritation are more liable to be followed by cancer than others. Thus, in the lip, long-continued irritation by a clasp pipe is particularly dangerous; in the tongue, irritation by a jagged tooth or badly-fitting tooth-plate; while workers in tar, such as bricklayers, workers with asphaltum or paraffin, chimney sweeps, and mule-splainers in cotton mills are apt to suffer from cancer in special parts of the body as a consequence of repeated irritation by the particular agent concerned. For the prevention of cancer the following advice is given:—

Rough stumps of teeth should be removed, and badly-fitting dentures replaced.

It pipe-smoking is found to produce soreness on a spot of the lip or tongue it should be given up.

Constipation should be corrected.

When clothing irritates the body it should be altered.

Early operation has so far been found the only successful method of treatment.

Marburn Loses Atlantic Race.

QUICK ANCHOR LIFTING GIVES TRANS-OCEAN VICTORY TO STEAMER DORIC.

QUEBEC, Sept. 10.—The Canadian Pacific steamer Marburn, in command of Captain A. H. Glass, from Glasgow and Belfast, arrived at Que-

Carnation Milk

"From Contented Cows"

From the Heart of Canada's Best Dairy Lands

CARNATION Milk comes from the fine dairy counties. It is tested rigidly for purity and for richness, about 60% of the natural water content is taken from it by evaporation. Then it is sealed fresh in containers and sterilized.

Open a can when you need it. The milk is still fresh and sweet. It has the creamy consistency you will enjoy in coffee or tea, on cereals or fruit.

Add water to Carnation Milk—a little more than an equal part and you have milk of natural consistency. It is safe—absolutely. But more than that, it's convenient, economical—your grocer supplies you! Order several tall (16 oz.) cans or a case of 48 cans.

The Carnation Cook Book contains many a good recipe. Write for a copy to-day. Free on request. Try this recipe yourself.

CREAM FILLING

One-third cup flour, 1 1/2 cups water, 2/3 cup Carnation Milk, 2 eggs, 1/2 teaspoonful salt, 1/2 cup sugar, 1 teaspoonful vanilla. Moisten the flour with a little cold milk, add this to the hot milk mixed with the water. Cook 15 minutes in double boiler. Beat the eggs, add sugar and salt. Add to them the hot liquid, return to double boiler and cook until egg thickens, stirring constantly. Remove from fire and when cool add flavoring.

CARNATION MILK PRODUCTS COMPANY, Limited

AYLMER, ONTARIO

bec yesterday with 948 passengers, 256 cabin and 692 third class. The passengers comprised 98 returned Canadians, 70 returned Americans in the cabin, and 230 in the third class booked for the United States, while there were landed for immigration inspection and railroad transportation to Ontario and the western provinces, 438 new colonists from Scotland and Ireland.

The Marburn staged an ocean race with the White Star-Dominion Line steamer Doric, to the delight of the passengers. The Doric left Glasgow fifteen minutes before the Canadian Pacific steamer. The latter, however, passed ahead before reaching Father

Point, where they both came to anchor, but the Doric got her anchor lifted first and got away followed by the Marburn, which again passed the Doric. On reaching the Fort of the Lower Traverse the two boats again came to anchor. The Doric again succeeded in lifting her anchor first and reached Quebec a few minutes ahead of the Marburn.

Among the prominent passengers on the Marburn was Judge A. E. Sutherland of the New York Supreme Court, who is returning home from a three-month holiday in Europe. Judge Sutherland said he did not make any study of the political situation there as he did not think it right for an American to be injudicious in European affairs.

Allenby's Telegraph

General Allenby in Palestine has his very confidential messages to the British Government by a Boer mounted on a racing dromedary, that his dispatches reach the coast and cable ends in secrecy could not otherwise obtain.

Just before putting an omelette into it and stir well.

Cleopatra Washed Her Face This Way

She used Palm and Olive oils, the same rare oils which are blended in Palmolive. She knew that to have a fresh fine skin, thorough cleansing was necessary. The crude combination of Palm and Olive oils which was the best that even royalty could then obtain is now brought to perfection in Palmolive.

The girl of today, if she would be beautiful, follows Cleopatra's practice. Every day she cleanses the skin thoroughly with mild Palmolive Soap. Never does she accumulate and clog the pores of the skin. She knows that this starts irritation and blackheads, pimples and other blemishes result.

Palmolive with its mild creamy lather is lotion-like in its action. It freshens, revives and stimulates and leaves the skin delightfully fresh and rosy.

Thus a great luxury may be enjoyed at the price of ordinary soap. You can pay more, but you can't get a finer, milder cleanser.

You can buy Palmolive Soap at all first-class dealers.

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