Select Your Food With Care

When it comes to Cereal Foods, think of

Grape:Nuts

This ready to eat cereal gives you the concentrated strength of wheat and malted barley - a blend which provides unusual Playor with staunch nourishment

Grape=Nuts is especially good for children because it contains the valuable mineral salts of the grains so essential to growth and development

"There's a Reason" All grocers sell Grape: Nuts

Made by Canadian Postum Cereal Co. Ind. Windsor, Ontario.





Some friends of step into an auto." She has an auto mine who were now and she is late almost as much stopping at an as ever, because she does just what Inn in the coun- she did before-allows the minimum try last Christ- of time necessary, and then is late if mas arranged a the slightest thing comes up to dewonderful lay her. I feel sure that if she gets Christmas party an aeroplane she will still be latea n d Christmas because the lateness is in her, not in tree for the peo- her circumstances. ple in the little village in which the Inn was situ

the guests in the Inn interested and had them take part; and then on Christmas Day they arranged a Christmas dinner for the guests at the Inn, decorated the tables and planned jokes, and worked up to the last min

ute to make that a success. "Wasn't it a tremendous lot o about it afterwards, and spoke of do-

ing it again next year. They Would Think of Something

More. "Yes, a good deal," said one of th two women, "but I don't think i would be so much next year because we would know just how to go about it all. Yes, I think we shall have quite an easy time if we do it next

The other woman laughed. "Don't you think it," she warned. "We would be just as busy as ever because we would think of something else to do. "I suppose we would," admitted the first woman, half laughing, half

And I, who know them both, haven't a doubt of it. That's the way they are made. They love to be doing things for others, and so they can alwyas see things to be done, and are always see things to be done, and are thing more.

Clever Women.

But what a remarkable thing it is that they should be able to catch such a true glimpse of themselves! tract obtained from the kidney glands way would fill a book. So few of us ever catch a glimpse of animals. This was injected into the of our tendencies. Most of us would muscles of the heart, which immedi- Collars as be sure that next time we wouldn't ately began to beat again after it had

be so busy. For instance, I know a woman who and the child recovered. The second was always late everywhere she case was that of a woman of thirty, went. She blamed it on the fact that who dropped apparently dead. The to travel around in street cars, the eyes indicated that death had ocwhereas most of her friends had ma- curred. Adrenalin was injected, and chines. "I could be on time as well | "a faw minutes later," says Dr. Walk-



BUILDING THE LONG AGO. These shall be, and we do not know,

When time has severed the furrowed We shall all return to the joys of mow; When all of the cares are understood These days shall seem to us, oh so shopkeepers to contribute so many

The bright blue skies of his long ago, asites who are feeding on our blood And the orchard fields where he used With the glad companion of yester-

Shall see the children around the And the roses nod and the lilacs the nature of prisons, which "are now

Then many a day shall the wish occur | ter," where "all those measures which That we could return to the joys that can enable, enlarge, and improve the Oh, the friends pass on with a glad

And we think that forever with us on the point. they'll stay, But the summons comes, and the voice is stilled And life has a void that cannot be or out of the joys which to-day we

We are building the future's long-ago. Queens Who Wrecked Thrones.

Crowned Beauties Whose Evil Influence Has Ruined Both Husbands and Destinies.

Some queens seem to have been es pecially apt in causing the downfall of their consorts, not only in the past, but in present times. There can be little doubt that the ruin of the exabout by the extraordinary influence gale; the rent I pay has sprained my pletely broken, and you are better off wielded over him by his wife. The

Again I know a woman who is never quite properly groomed. She throne. ated.

They sent to to do that she has not time to put on the nearest city ber clothes corefully and coif her as though it were in the ascendant as the contract for ornaments her clothes carefully and coif her as though it were in the ascendant, tread; I'll build myself a lowly hut, costumes; they plan- hair becomingly. I know women who there seems little reason to doubt that most of Tino's political manoeuvres still manage these things. It is simp- and troubles were inspired by his y because she does not care enough wife, Sophie, sister of the ex-Kaiser. make the time and they do. That Poor, beautiful Marie Antoinette brought everybody connected with her to the guillotine, her adoring husband

scapegoat for any deficiency—and of more thoughtless and misguided than course not having feelings, it doesn't deliberately wicked. She firmly believed in the "divine hurt circumstances to be blamed. right of kings," and was unpopular But I think it does hurt the people who blame them when the blame be- with the French from the time she landed in their country on account of

her Austrian birth. Finding that the populace would Louis XVI., show the masses how he

despised them.

One of the greatest royal tragedies Bottle Remedy. Don't suffer a min-ute longer. Send to-day. 32-day treatment guaranteed. Trial size ten was the terrible murder of King Alexander of Serbia, caused entirely by the bad influence of his wife, Queen Draga. The name of Draga was hated W. K. BUCKLEY, Mfg. Chemist throughout the land on account of her intrigues and the evil power exercised at the councils of the king. Could she have foreseen the night

when she and the king would be dragged from their bed to be murder Doctor Revives Heart that Ceased to ed by the furious officers who had revolted through her conduct, perhaps she might have used her queenly In the "British Medical Journal," Dr. Cranston Walker, of Dudley, rerights in other directions. These are only a few instances corded the case of a child of eleven where royal women have caused the months which collapsed under an op-

downfall not only of a king, but of a ertaion. Massage of the heart proved country. To name all who have mis-Walker then tried adrenalin, an exused their wifely influence in this

Neck Stretchers.

People of collar-wearing lands might find it worth while to adopt she did not have a machine and had heart ceased to beat, the jaw set, and the prevalent style among the Burmese women of the Padung tribe. brass rings, should be more durable attend her. than our starched collars, and require The duties of the present-day maid practically no attention from the of honor are not specially exacting, laundry, and by adding or dropping a and the position is eagerly sought

> --- Soothed -With Cuticura

British Prisoners From Russia.

A little company of naval men were welcomed in London, a few days ago. Several of them have since talked with the King at Buckingham Palace. They were British prisoners released from Baku. One had kept a diary in captivity. Day by day, laboriously in a cheap account-book, with a lead pencil, he translated passages which The glad sweet days of the long ago; struck his fancy in the Bolshevist organ, The Communist. These passages give a vivid impression of life under the Bolshevist system.

To a decree directing families and pairs of boots for use by the Red There's never a man but shall sigh to Army succeeds a proclamation against the "greedy aims of the par -the English." A paragraph records that the local theatre has been filled by the bourgeoise, Red soldiers and Oh, the friends of now in the far-to-be workmen being unable to afford the Are the ones he'll sigh for and long "mad prices"—300 Bolshevist roubles perhaps 1 1/2d. in English moneycharged for seats.

Another testifies to the change in institutions not of a punishing but And the old arm chair in the sitting institutions not of a punishing charac-

soul of man" are introduced. The diarist, having been a prisoner himself, retains an opinion of his own

RENTED HOMES.



ing every day, as loaf round the village square, "Oh, paying rent has made me gray, and filled life with carking care. The rented house, in pre-war y e a r s was something

"No-To-Bac" has helped thousands to break the costly, nerve-shattering tobacco habit. dure; but later a longing for a cigarette, cigar, pipe, or for a chew, just place a harmless No-To-Bac tablet in your mouth inshack whose shingles flop in every sire. Shortly the habit may be com-Empress was at heart a pro-German, and this fact cost her husband his and life therein will be a pome, a any form, your druggist will refund in the property of the property o

Names and Phrases.

Arabic figures were invented not by the Arabs but by the Indians.

Baffin's Land is not a bay at all.

ture takes up in large mouthfuls. "You have got the wrong sow by the ears," has nothing to do with the wary Hebrew. He makes a point of grunter in the yard. "Sow" was a carefully perfuming every cheque modern speech. The expression,

therefore means that you have the wrong vessel by the handle, lug or 1.034 Insolvencies ear, or, as the Latin phrase had i 'you have brought me the little jug nstead of the great gotch." The French word "seau" means a bucket. RECORD SOMEWHAT UNDER NOR Pig iron is another phrase which iron is melted it runs off into a chan-

has nothing to do with swine. When nel called a sow and the lateral pigs, or the product pig iron. Ole King Cole.

The rhyme about "Old King Cole," England, during the fourteenth cen-Thomas Cole. He had a habit of going to London week-ends, where he acted as host to fellows of his craft, the selling, and manufacture ed a great roaring laugh, and as he "king" by the admiring roisterer who suppered at his expense. He wa fond of music, and paid street fiddlers to follow him about fiddling as hard as they could as he roared out drinking songs in great good humor For your health's sake we of

fer Nature's answer to Constitime. Then they are "off duty" for a pation, "LES FRUITS."

Secret Cheque Signs.

la plug Smelting

So clever is the modern forger ture which is hard to copy is Lable to escape without a single failure. at any moment to find himself victimized and his account depleted. In order to prevent the successful uttering of a forged cheque, several even the smartest criminal could

hardly detect. men poor. I live in yonder dingy stead, to help relieve that awful demen poor. I live in yonder dingy stead, to help relieve that awful desome part of the cheque as a sign pression, was practically normal in this country nor are they notice. to the bank-cashier that it is gen- so far as failures were concerned, this country, nor are they particularly gale; the rent I pay has sprained my back and used up all my hard-earned kale. And now I plan to build a home, however humble it may be, uine. Not one forger in a thousand the number totalling 1,278, which themselves pulled up sharply on pre-senting an unblotted cheque over Woman Suffrage

> Another man has hit upon the idea of apparently making a mistake in In one manner or another many of the cheque, which mistake is rec- capped because voters choose repre- insects and brings them bac liberate intention.

the counter.

A Frenchman with whom this sub-Catgut is not the gut of cats but of he takes the precaution of tearing it women without a vote. sheep. Similarly whalebone is not out of his cheque book in such a long peaceful years in their own bone, but is a substance attached to manner that a tiny shred of the counthat the cheque is genuine. Perhaps, however, the most extraordinary device is that adopted by a

large tub used for pickling or "sow-bearing his signature with a certain sing" and the word is often used in scene which is very difficult to obtain.

Women are asking you to give them in Canada in 1920. MAL-1914 MOST DISAS.

TR'/JS YEAR. Compared with the record for the

past forty-nine years the total numbranches are called pigs; therefore ber of commercial failures in Canada when the iron cools it is called pig during the year 1920 was somewhat ron. Now the word sow is from the under normal, according to statistics Saxon "sawan" to scatter; obvious- compiled by the R. G. Dun & Co., of ly having a sow for the main, or New York. There were 1,034 insol parent channel ot didn't require very vencies recorded for Canada during much wit to name the grooves little 1920, which compares with 755 for the previous year; 1.097 for 1917. 2. 661 for 1915, and 2,898 for 1914. The failures during 1920 were distributed by prvoinces as follows: Ontario, 269; Quebec, 380; British Columbia, 64; Nova Scotia, 50; Manitoba, 71; New familiar to all English and Ameri- Brunswick, 27; Alberta, 56, and Sas-The Burmese girl's collar, made of in selecting a new maid of honor to can children, and credited to "Mother katchewan, 117. It is interesting to Goose," was known many years be- note that, Newfoundland is regarded fore that good lady was born. It was as one of the provinces of the Dominwritten around a very real person, ion, with failures totalling 44. The but not a king in the ordinary use of assets of the insolvent companies the term. There lived in Reading, amounted to \$18,569,516, and their TAKE COURAGE!

Every mother should

take courage from the knowledge that

helps make weak children strong and promotes healthful growth. A spoonful thrice daily is a great help to most children.

liabilities \$26,494,351. There were 255 failures among manufacturing concerns, 771 trading, and 52 other commercial. The Province of Prince hat the man who relies on a signa- Edward Island was the only province A survey of the record for the past forty-nine years reveals the fact that at times to achieve something in the year which witnessed the out-

*Imperial Tobacco C*e

Ants That Keep Slaves

Ants have a social life, a power

combined effort, and a marvello

variety of activities that enable the

he does nothing but fight. He very powerful jaws and is gener

an industrial civilization.

break of war was the most disastrous men have hit upon devices which to the commercial institutions in the history of this country, when 2,898 were farming the soil. In poli firms were forced into bankruptcy. For instance, there is an American The record for 1907, which will be killed every form of Government,

Handicapped.

whom the rent-hogs drew a groan, phrases and words in the English tified by the crossing-out of the sentatives to make laws for them. prisoners, thus solving the se will in the near-by future rise, and language have been entirely pervert- wrong numeral and the substitution Voteless persons cannot choose reput up shanties of their own. The ed in meaning from their original of the correct one. The cheque- presentatives to make laws for them. supplied with attendants. bitter years have made them long to significance. Here are some of the forger would hardly regard such an Women without votes are handicapapparent blunder as the result of de- ped before the law and politically. The vote is a modern labor-saving of its extreme pugnacity. It device like the telephone, the type- fight anything and everything. ject was discussed stated that his writer, the electric-light, the trolley of these ants is accidentally of own method is an almost infallible If you don't have these modern ad- half, one half will actually fight one. Whenever he writes a cheque, vantages you are handicapped. So are other half to the death! The voting class can make a mighty snake may seem incredible at demand through their chosen repre- When an enemy is sighted the a shacks of tin or wood. and so the the upper jaw of a whale, and serves, terfoil remains attached to the draft. sentatives, while the voteless woman humbly presents a petition. The vote is an instrument for get-

> ¶The vote is a weapon; without it woman is defenceless, exploited, handicapped.

> Men found they needed the vote and they got it. Women find they need the are trying to get it.

Will you remove their handicap?

Means too much bile left in the blood by a deranged liver. Dr. Chase's Kidney-Liver Pills set the liver right and biliousness and headaches disappear. One pill a dose.

25c. a box, all dealers. Dr. Chases GERALD S. DOYTE,

Water Street, St. John's. Distributing Agent.

Germany's New U-Boat. Craft That May Revolutionize

Warfare. The Chicago Tribune (Paris edition) says German inventors have planned a new U-boat which may still further revolutionize sea warfare.

The new submarine, however, is designed chiefly for coastal defence. The inventors claim five points of advantage: Increased protection against artil-

Protection through armouring against depth bombs. 100 per cent. increase in safety. Armoured turret containing four inch artillery guns for submarines The revolutionizing of the torpedo

of 5,000 tons displacement.

and a surface speed of 20 to 30 knots MINARD'S LINIMENT FOR COLDS.

Hunt Seals With Aerop

a Canadian Pap aling fleet of Newfor nual cruise next Ma d in locating seals b lanes and airships. ntract has been made mpanies which own th

large aircraft concern iment for two years whether it is feasible these machines fly and find the seal oundland Governme bear half the expens eal fishery is altogeth m that in the Pacifi dland seals are hund ielts and fat, the Pacifi furry skin that make women. The skin dland seals goes into for various purposes nverted into a lubric tuent for making so operations of the seali

farch were among the n in its history. times runs to twe is now reduced. having been withdra rk and not replaced. the old wooden whale in tales of the Arctic pals are found in th e floes off the east dland and the Gran

strong, yet he cannot get on withou slave to feed him! If he wer to feed himself he would die. "harps," the more n is no doubt if the rch will admit of the r flown successfully, and, There is a species of ant is rds are located, it will ible for the ships to way through to reach

tralia called the bulldog ant. b he experiment will fail wait and see," thin set upon the reptile, striking t will be nothing more

The attack is made with such s chance of escaping. When the of a statute to prevent used for the purpose. seal catch of March a mounted to 38.985 pel 59,929. as against 81,293 d at \$278,145, in 1919, w of beast or reptile will fee small fishery as compa bird of Parad reature overtaken is at once at eek refuge in the nearest riv

Infant's Daily Bath.

Fahrenheit. This should be given

body dried with gentle rubbing.

stands in a tub partly filled

should be followed by brisk rubbis

is no proper reaction after the ball

the child being pale, blue about

In some infants and children the

of the entire body.

gland in the middle

ath century as the was a very si iful woman, and the clo ife the water for the morning ba beautiful Grace should be at ninety-eight degree tandalizing London b warm room, given quickly, and t By the sixth month the temperatu young regue, and gan of the bath for healthy infants ma ht her an heiress and be lowered to ninety-five degree vering she had only and by the end of the first year deserted her for another ninety degrees. Older children are healthy should be sponged at the spend a fortune of moment at the close of the tepid bal moment at the close of the tepid bal moment at sixty-five or seven with water at sixty-five or seven dlly sum in those with water at sixty-five or seven dlly as possible, and are healthy should be sponged for then starting upon his fancy or childhood the warm bath rude willing enough to whief extravagance was preferably given at night, a col sponge being given in the morning costumes were descri The morning sponge should be given a detail in the newspape in a warm room, while the chil Soon references to aradise" began to app warm water. The cold sponge shoul darity in the press, and that they referred to last but one-harr of a minute, at

ing money about so don buzzed with tal encies. Then the fo Certrude's taste ome, and she r stage. She was more than her

lips and under the eyes. All bathing and cold bathing should the



Lumber Camps.

able you to buy exactly what you want. For fifty-five years the firm of J. W. Jacobs, Limited

our reputation is your guarantee.

J.W.Jacobs, Limited

29 HERMINE ST., MONTREAL. Telephone Main 1639.

We have a selection of young horses, weighing from 1300 to 1800 lbs.a selection that will en-

HORSES

has been in business-giving satisfaction to its customers and building up its reputation for honest dealing and fair prices. Our experience is valuable to you;

longs elsewhere.

cents to cover postage.

Chronic Bronchitis and Catarrh.

Conquered by the World's Only Two-

142 Mutual Street, Toronto

Came to Life Again.

Beat.

ineffectual, and the body cooled. Dr.

been "dead" for at least four minutes.

as they," she said, "if I just had to er, "she was sitting up and talking."

stiff collar is? The debutante of the Padung tribe wears her collar not for decoration for daytime functions as well as in the Padungs being measured by the decollette. Their gowns must albegins adding a ring to her collar design approved by the queen, and young, until when she is 15 and ready This is rather an elaborate affair, to go into society her neck is nearly a foot long. She is then regarded a reigning queen set in diamonds, surrare beauty and has many suitors. mounted by the imperial crown. This

badge is presented to a maid of honor **Skin Troubles**

people might en-

came the profiteers, who raised the price and made,

and bid the landlord soak his head." Methinks/a million weary guys, from Circumstances make a convenient among them, but her influence was wherein to chirp the evening song. own their rooftrees and their homes, misnomers: and swat the flies upon their domes. The tenants in disorder stand, for they've been charged and soaked to death, but they will build throughout the land when they've had time to get their breath. And they will spend

have none of her, she did everything crimes of profiteers may in the end to strain the water which the creation is an intimation to the bank

Agent for Newfoundland

GEORGE NEAL Box 313 St. Johns

Queen Mary's Maids. Queen Mary is just now occupied

ring or two it would always be in the after by ambitious parents in court prevailing style. Of course, it would circles who have daughters. When not be the ideal of comfort, but what the court is in town two maids of tury a very rich merchant named honor always attend the queen. They wear simple black dresses but as a neck stretcher, beauty among the evening, when they are of course of cloth. He was short, fat and own length of the neck. The Padung girl ways be made according to a special was a free spender he soon became every little while when she is very their only ornament is their badge. London, and was given the title of consisting of the miniature of the

> when she receives her appointment and becomes her property "for keeps." There are eight maids of honor who serve in couples. They usually have about four weeks' service at a similar period and so on.