

Select Your Food With Care

When it comes to Cereal Foods, think of Grape-Nuts

Grape-Nuts

This ready-to-eat cereal gives you the concentrated strength of wheat and malted barley—a blend which provides unusual flavor 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. Ltd. Windsor, Ontario.

Side Talks by Ruth Cameron

DO YOU KNOW YOURS?

Some friends of mine who were stopping at an Inn in the country last Christmas arranged a party for a d e f u l Christmas party and a Christmas tree for the people in the little village in which the Inn was situated.

They sent to the nearest city for ornaments and candles and costumes; they planned pretty ceremonies; they got all the guests in the Inn interested and had them take part, and then on Christmas Day they arranged that Christmas dinner for the guests at the Inn, decorated the tables and planned jokes, and worked up to the last minute to make that a success.

"Wasn't it a tremendous lot of work?" I asked when they told me about it afterwards, and spoke of doing it again next year.

"Yes, a good deal," said one of the two women, "but I don't think it 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 year."

"The other woman laughed. "Don't you think it's a tremendous lot of work?" she asked. "I don't think it is. I think it is a tremendous lot of work."

"Yes, a good deal," said one of the two women, "but I don't think it 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 year."

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Just Talks

By Basil A. Guest

BUILDING THE LONG AGO.

These shall be, and we do not know. The glad sweet days of the long ago. When time has severed the furrowed brow

We shall all return to the joys of now. When all of the cares are understood. These days shall seem to us, oh so good!

There's never a man but shall sigh to know. The bright blue skies of his long ago. And the orchard fields where he used to play

With the glad companion of yesterday. Oh, the friends of now in the far-to-be. Are the ones he'll sigh for and long to see.

Shall see the children around the door. And the roses nod and the lilacs bloom. And the old arm chair in the sitting room;

Then many a day shall the wish occur. That we could return to the joys that were.

Oh, the friends pass on with a glad good day. And we think that forever with us they'll stay.

But the summons comes, and the voice is stilled. And life has a void that cannot be filled.

For out of the joys which to-day we know. 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 especially 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 ex-Tsar of the Russians was brought about by the extraordinary influence wielded over him by his wife.

The Empress was at heart a pro-German, and this fact cost her husband his throne.

Although at the time of writing the sun of Constantine of Greece loomed as though it were in the ascendant, there seems little reason to doubt that most of Tino's political manoeuvres and troubles were inspired by his wife, Sophie, sister of the ex-Kaiser.

Poor, beautiful Marie Antoinette brought everybody connected with her to the guillotine, her adoring husband among them, but her influence was more thoughtless and misguided than deliberately wicked.

She firmly believed in the "divine right of kings," and was unpopular with the French from the time she landed in their country on account of her Austrian birth.

Finding that the populace would have none of her, she did everything in her power to make her husband, Louis XVI, show the masses how he despised them.

One of the greatest royal tragedies 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 throughout the land on account of her intrigues and the evil power exercised as the counsellor of the king.

Could she have foreseen the night when she and the king would be dragged from their bed to be murdered by the furious officers who had revolted through her conduct, perhaps she might have used her queenly rights in other directions.

These are only a few instances where royal women have caused the downfall of not only a king, but of a country. To name all who have misused their wifely influence in this way would fill a book.

Collars as Neck Stretchers.

People of collar-wearing lands might find it worth while to adopt the prevalent style among the Burmese women of the Padung tribe.

The Burmese girl's collar, made of brass rings, should be more durable than our starched collars, and require practically no attention from the laundry, and by adding or dropping a ring or two it would always be in the prevailing style. Of course, it would not be the ideal of comfort, but what stiff collar is?

The debutante of the Padung tribe wears her collar not for decoration but as a neck stretcher, beauty among the Padungs being measured by the length of the neck. The Padung girl begins adding a ring to her collar very little while when she is young, until when she is 15 and ready to go into society her neck is nearly a foot long. She is then regarded as a rare beauty and has many suitors.

Skin Troubles Soothed With Cuticura

Itch, Eruptions, Itching, Redness, Swelling, Stinging, Smarting, Burning, Pain, Discomfort, Irritation, Inflammation, Sores, Ulcers, Scabs, Crusts, Pimples, Blisters, Boils, Abscesses, Eczema, Dermatitis, Psoriasis, Lichen, Syphilis, Gonorrhea, Venereal Disease, etc.

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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 struck his fancy in the Bolshevik organ, The Communist. These passages give a vivid impression of life under the Bolshevik system.

To a decree directing families and shopkeepers to contribute many pairs of boots for use by the Red Army, succeeds a proclamation against the "greedy aims of the parasites who are feeding on our blood—the English." A paragraph records that the local theatre has been filled by the bourgeoisie, Red soldiers and workmen being unable to afford the "mad prices"—300 Bolshevik roubles, perhaps 1 1/2 in English money—charged for seats.

Another testifies to the change in the nature of prisons, which "are now institutions not of a punishing but exclusively of a correcting character," where "all those measures which can enable, enlarge, and improve the soul of man" are introduced.

The diarist, having been a prisoner himself, retains an opinion of his own on the point.

RENTED HOMES.

I hear men saying every day, as I loaf round the village square, "Oh, paying rent has made me gray, and filled my life with caring care. The rented house, in pre-war years, was something people might endure; but later, when the price had risen and made men poor, I live in yonder dingy shack whose shingles flop in every gale, the rent I pay has sprained my back and used up all my hard-earned kate. And now I plan to build a home, however humble it may be, and life therein will be a pome, a picnic fraught with harmless glee. Long years I've trod the same old rut, which rut I shall no longer tread; I'll build myself a lowly hut, and bid the landlord seek his home, Methinks a million weary guys, from whom the rent-brogs drew a groan, will in the near-by future rise, and put up shanties of their own. The bitter years have made them long to own their roof-trees and their homes, whereas to chirp upon their domes, and sweat 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 long peaceful years in their own shacks of tin or wood, and so the crimes of profiteers may in the end bring lasting good.

NO MORE CHILBLAINS!

Mr. J. A. McFarlane of Napanee, Ont., had chilblains so bad that he couldn't wear boots. EGYPTIAN LINIMENT relieved them. Don't suffer from chilblains this winter. This liniment is also for Rheumatism, Gout, Sprains, Bruises, Sore Throat and St. Vitus' Dance, etc.

EGYPTIAN LINIMENT

DOUGLAS & CO. MANUFACTURERS, MONTREAL, QUEBEC, CANADA.

GEORGE NEAL

Box 313 St. Johns

Queen Mary's Maids.

Queen Mary is just now occupied in selecting a new maid of honor to attend her.

The duties of the present-day maid of honor are not specially exacting, and the position is eagerly sought after by ambitious parents in court circles who have daughters. When the court is in town two maids of honor always attend the queen.

They wear simple black dresses for daytime functions as well as in the evening, when they are of course décolleté. Their gowns must always be made according to a special design approved by the queen, and their only ornament is their badge. This is rather an elaborate affair, consisting of the miniature of the reigning queen set in diamonds, surrounded by the imperial crown. This badge is presented to a maid of honor 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 time. Then they are "off duty" for a similar period and so on.

OLE KING COLE.

The rhyme about "Old King Cole," familiar to all English and American children, and credited to "Mother Goose," was known many years before that good lady was born. It was written around a very real person, but not a king, and ordinary use of the term. There lived in Reading, England, during the fourteenth century a very rich merchant named 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 of cloth. He was short, fat and owned a great roaring laugh, and as he was a free spender he soon became known throughout the night life of London, and was given the title of "king" by the admiring roisterers who supped at his expense. He was fond of music, and paid street singers to follow him about sipping at drink as they could as he roared out harding songs in great good humor.

TAKE COURAGE!

Every mother should take courage from the knowledge that

Scott's Emulsion

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

For your health's sake we offer Nature's answer to Constipation, "LES FRUITS," ELI-SIS, dec9,11

The Almost in Plug Smoking

Imperial Tobacco Co. (Newfoundland) Ltd.

SWEAR OFF TOBACCO

"No-To-Bac" has helped thousands to break the costly, nerve-shattering tobacco habit. Whenever you have a longing for a cigarette, cigar, pipe, or for a chew, just place a harmless No-To-Bac tablet in your mouth instead, to help relieve that awful desire. Shortly the habit may be completely broken, and you are better off mentally, physically, financially. It's so easy, so simple. Get a box of No-To-Bac and if it doesn't release you from all craving for tobacco in any form, your druggist will refund your money without question.

Names and Phrases.

In one manner or another many phrases and words in the English language have been entirely perverted in meaning from their original significance. Here are some of the misnomers:

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

Baffin's Land is not a bay at all.

Catgut is not the gut of cats but of sheep. Similarly whalebone is not bone, but is a substance attached to the upper jaw of a whale, and serves to strain the water which the creature takes up in large mouthfuls.

"You have got the wrong sow by the ears," has nothing to do with the grunter in the yard. "Sow" was a large tub used for pickling or "sousing" and the word is often used in modern speech. The expression, therefore means that you have the wrong vessel by the handle, lug or ear, or, as the Latin phrase had it, "you have brought me the little jug instead of the great goshawk." The French word "seau" means a bucket.

Pig iron is another phrase which has nothing to do with swine. When iron is melted it runs off into a channel called a sow and the lateral branches are called pigs; therefore when the iron cools it is called pig iron. Now the word sow is from the Saxon "sawan" to scatter; obviously by having a sow for the main, or parent channel it didn't require very much wit to name the grooves little pigs, or the product pig iron.

1,034 Insolvencies in Canada in 1920.

RECORD SOMEWHAT UNDER NORMAL—1914 MOST DISASTROUS YEAR.

Compared with the record for the past forty-nine years the total number of commercial failures in Canada during the year 1920 was somewhat under normal, according to statistics compiled by the R. J. Dun & Co., of New York. There were 1,034 insolvencies recorded for Canada during 1920, which compares with 755 for the previous year; 1,097 for 1917, 2,661 for 1915, and 2,398 for 1914. The failures during 1920 were distributed by provinces as follows: Ontario, 269; Quebec, 330; British Columbia, 64; Nova Scotia, 50; Manitoba, 71; New Brunswick, 27; Alberta, 56; and Saskatchewan, 117. It is interesting to note that Newfoundland is regarded as one of the provinces of the Dominion, with failures totalling 44. The assets of the insolvent companies amounted to \$18,569,516, and their liabilities \$26,494,351. There were 255 failures among manufacturing concerns, 771 trading, and 52 other commercial. The Province of Prince Edward Island was the only province to escape without a single failure.

A survey of the record for the past forty-nine years reveals the fact that the year which witnessed the outbreak of war was the most disastrous to the commercial institutions in the history of this country, when 2,898 firms were forced into bankruptcy. The record for 1907, which will be recalled as a year of business depression, was practically normal in so far as failures were concerned, the number totalling 1,278, which compares with 1,184 for 1906, and 1,640 for 1908.—Financial Post.

Woman Suffrage Handicapped.

A person without a vote is handicapped because voters choose representatives to make laws for them. (Voteless persons cannot choose representatives to make laws for them.) (Women without votes are handicapped before the law and politically.) (The vote is a modern labor-saving device like the telephone, the typewriter, the electric-light, the trolley. If you don't have these modern advantages you are handicapped. So are women without a vote.) (The voting class can make a mighty demand through their chosen representatives, while the voteless woman humbly presents a petition.) (The vote is an instrument for getting the kind of government that you want.) (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 vote and are trying to get it.) (Women are asking you to give them the vote.) (Will you remove their handicap?)

Biliousness

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. Chase's Kidney-Liver Pills

GERALD S. DODD, E. Water Street, St. John's, Distributing Agent.

Germany's New U-Boat.

Craft That May Revolutionize Sea 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 artillery. Protection through armouring against depth bombs. 100 per cent. increase in safety. Armouring turret containing four 3-inch artillery guns for submarines of 5,000 tons displacement. The revolutionizing of the torpedo-launching turret. Cruising radius of 20,000 sea miles, and a surface speed of 20 to 30 knots.

MINARD'S LINIMENT FOR COLDS, ETC.

Do not neglect your colds, coughs, and sore throats. Minard's Liniment is the best remedy for all these ailments. It is the best for all skin troubles. It is the best for all skin troubles.

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