

### BELIEVE GREAT SEA UNDERLIES SAHARA

There is animal life 200 and 300 feet beneath the burning sands of the Sahara Desert. That is what amazing discovery made through experiments of sinking artesian wells at various points in the North African waste with a view to possible irrigation. Waters drawn from great depths were found to contain small crabs, fish and shell fish all perfectly alive. The discovery is proving an absolute puzzle, no theory so far satisfactory. Usually it has been possible to explain the presence of fish, shell fish etc. in underground waters in the fact that they were locked up during some primeval cataclysm. Adapting themselves gradually to new conditions these animals living in darkness are always blind entirely or possess special optical apparatus suitable to darkness. Those found underneath the Sahara belong to the species inhabiting the lakes of Palestine. Shafts sunk during the last few years in the Sahara prove there are large sheets of water everywhere. Animals found now, caused the belief that there is a vast underground sea densely inhabited.

### PILES

Do not suffer another day with itching, bleeding, or protruding Piles. No surgical operation required. Dr. Chase's Ointment will cure you in a few days. Sample free. Write to Dr. Chase, 1111 Broadway, New York, N.Y.

### PROVIDED WITH NEW EYELIDS

A wonderful operation in a Liverpool hospital has brought relief to a man who lost both eyelids while employed among chemicals and who for six years has been unable to close his eyes.

The man, a chemist, came to England from California during the war to join the British army but was sent to Gretna munitions factory and put to work in the chemical laboratory.

In the early part of 1917 he was handling a tube filled with sulphuric acid when the phial burst and his face was badly splashed. The left eyelid was burned away and the other was partly destroyed the skin being burnt off one side of his face. The man's agony was intense and when the torture of the burns diminished it was only to give way to another—that of being unable to close his eyes.

At an Edinburgh hospital the first attempt was made without success. Finally he entered a hospital in Liverpool where a prominent surgeon undertook to perform an operation for grafting, regarded as one of the most difficult in surgery. Skin was taken from the patient's own arm and now eyelashes have again grown across the rim of the lids.



### Don't Be A Grouch

Dr. W.G. Alexander told a western audience the other day that what Canada needs is less storm windows. He objected to hibernating in sealed houses and taking too serious a view of possible obstacles in the way of health and happiness. Especially did the speaker urge the importance of geniality as a prime essential in good living. He urged his hearers to read the comic papers and remarked that freer scope for the risibilities and less for irascibilities would improve the general health. Dr. Alexander is right. The man or woman with a lively sense of humor and disposition to exercise it gets the most out of life and is most responsive to appeals in behalf of development and progress. The individual with the chronic grouch does not get very far or help the community to go forward. Happily most people enjoy a joke; one evidence is found in the number of persons who in picking up a newspaper will turn to the column where one or two funny stories may be found and read them with a relish before taking up the more serious business of reading the news. It is well to cultivate a cheerful habit and to be ready to smile on even the slightest provocation. It brightens the atmosphere and adds to the spice of life.

### THE CHEAPER CUTS OF BEEF

The pot roast which is frequently used by the thrifty housewife in an effort to keep down her butcher bill and still provide good meals, may be made from many of the cheaper cuts such as the chuck of the beef carcass. After being wiped with a damp cloth it is placed in a covered bake pan or casserole with two cups or more of hot water. It should be covered tightly and baked in a moderate oven keeping the heat just below the boiling point. Pamphlet No. 43 of the Department of Agriculture at Ottawa obtainable from the Publications Branch shows how the meat bill may be reduced by utilizing the cheaper cuts of beef. One-half hour's time for each pound of meat in the roast is recommended. About an hour and a quarter before serving pared potatoes and sliced onions may be added. When ready to serve the roast should be removed to a hot platter and the gravy thickened and seasoned. If the meat is very fat it is advisable to remove the fat from the top of the gravy before thickening. The pamphlet contains many other recipes for utilizing the cheaper cuts of beef.

### DOGS RUNNING WILD

The dogs of Newcastle are running wild. They swarm over the lawns and about the streets and many complaints are heard. Altogether the dog nuisance is becoming serious and something will soon have to be done.

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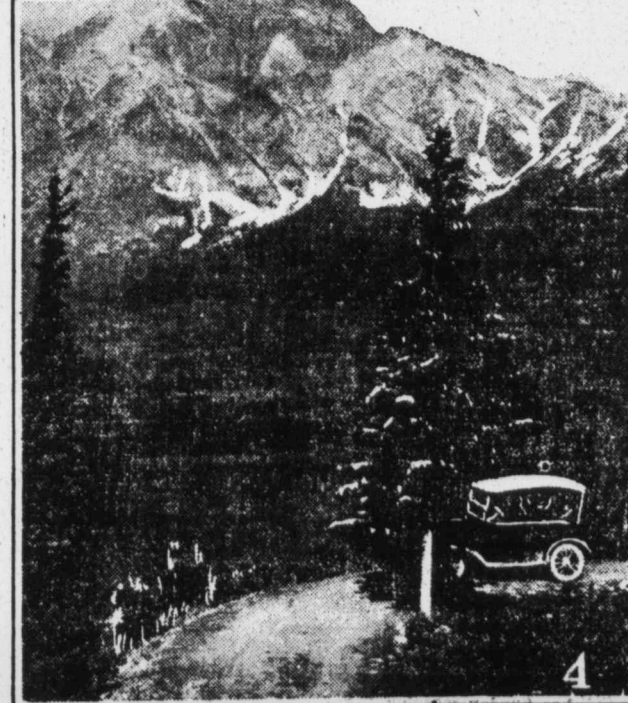
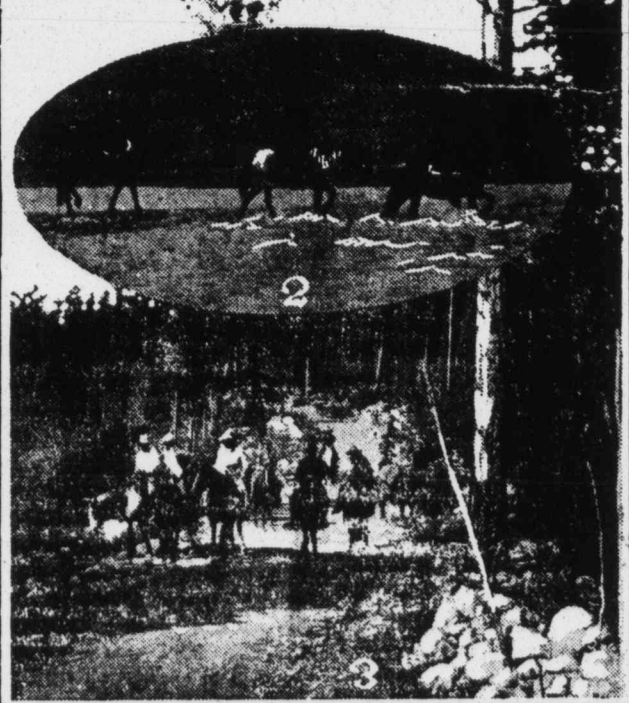
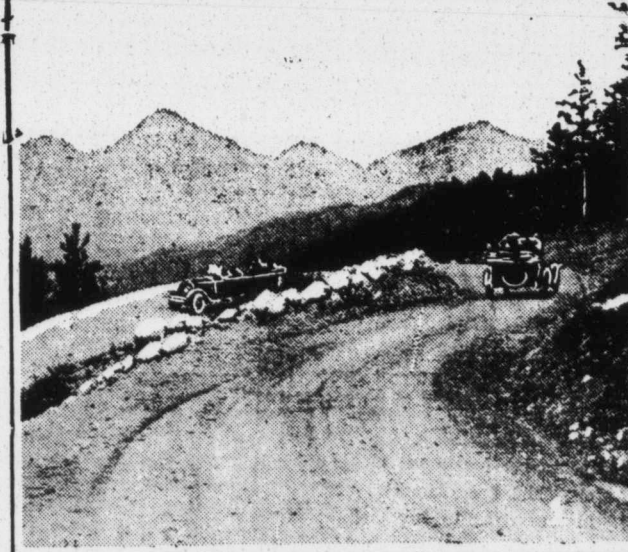
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### BY MOTOR AND PACK HORSE THROUGH CLOUD WONDERLAND



For the man or woman in search of healthful recreation, rest for jaded nerves, and a thoroughly enjoyable holiday, the world offers nothing more entrancing than a holiday in Jasper National Park, Canada's wonderland of scenery, where mountain, crag and torrent vie with one another in claiming the attention and where scenic nature is at her best. Towering peaks rise to the north, south, east and west; mirrored in the beauty of placid lakes whose shores provide shelter for the myriad wild life for which the largest of all Canada's National Parks is famous. Whether the tourist goes sight-seeing by motor car or by the more romantic pack pony, Jasper National Park offers him the best that can be found anywhere. Motor roads and pack trails radiate in every direction from Jasper Park Lodge, the magnificent log cabin hotel of the

Canadian National Railways, and the tourist may engage either ponies and guides or an automobile, and thus see the mountains at his pleasure. Mount Edith Cavell, named to honor the memory of Britain's heroic nurse, rises by the side of Mount Sorrow, within a short drive of the Lodge, and is one of the favorite drives of visitors to the Lodge. The Cavell highway, smooth-surfaced, winds up toward the very foot of the Ghost Glacier, presenting to the visitor a new vista of scenic wonders at every turn. As one rides toward the foot of the glacier, the Athabasca Valley far beneath presents an attractive picture of calm loveliness, while here and there a lake, reflecting blue sky and sunshine, adds its touch to the beauty of the landscape. There are other drives which may be taken in comfort—one may go in an hour, for instance, to the wonderful Maligne

Canyon, one of the natural wonders of the entire Rocky Mountain region, where rushing waters go tumbling and boiling through a narrow aperture worn in the rock, two hundred feet below the feet of the tourist as he or she stands on one of the footbridges which span its narrow width. At any turn of the road the visitor may find himself face to face with a bear or a deer, walking calmly across the highway, while on the sides of the mountains he may see mountain sheep or goats grazing. The tourist to whom riding appeals will find plenty to hold his attention. Pack trails may be followed for miles. When in the company of an efficient guide, one may set forth to explore regions which are beyond the reach of the motor tourist. The woodrums Maligne Lake and Medicine Lake, with their guests of mountains reaching down almost

to the water's edge, draw more and more tourists every year. For years the wonder of Canada's National Parks have been better known outside of Canada than they have been to Canadians, but year by year Canadians themselves are realizing that they have, in their own country, scenic attractions which are not surpassed anywhere in the world, and consequently the number of Canadians registering at Jasper Park Lodge is showing remarkable increases. Comfortable, steam-heated cabins are provided for their accommodation, an excellent cuisine is maintained at the main Lodge, where surroundings and service are of the world-famous Canadian National Railway standard, and every care is taken to see that visitors to Canada's largest and finest National Park enjoy their outing to the full. Satisfaction is the keynote of the service.