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Civil Re-Establishment Educational Announcement.

1. Any returned sailor or soldier is entitled to admission to the Re-establishment Day School.
 2. Any returned sailor or soldier is entitled to admission to the Re-establishment Night School which is conducted from 7.30 to 9.30 on the following evenings of every week, Monday, Tuesday, Thursday and Friday.
 3. Arrangements have been made with the Bishop Feild College and the Methodist College for a laboratory course in Physics and Chemistry for students who propose to enter a University in the Fall of the year. The lectures will commence on Monday, May 5th, and continue until end of June.
 Applications for permission to take advantage of the opportunities indicated above and for further information should be made to the Vocational Officer, 17 Militia Building.—may 1, th, 19

At Your Service

with the following, which have arrived during the past week.
 Blue Jay Corn Plasters.
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"LES FRUITS"



Physicians agree that with the modern habits of living, constipation is likely to be always with us. They also agree that the constant use of any drug for the relief of constipation is exceedingly unwise—unwise for two reasons. First, a drug constantly used loses its effect and requires a constantly increased dose. Second, because the constant use of any drug is bad anyway.
 So the cry is constantly going up from the constipated, "What can we do?" It will be interesting to a great many to know that an answer has been found in the re-discovery of a method which was used with great success by our Forefathers, and in Arabia far back in the twelfth century. The food is called "Les Fruits" because it is composed entirely of figs, dates, prunes, raisins and the leaves of each with the substitution of the Alexandra leaf for the raisin leaf. The taste is pleasant, if not to say delicious, and the effect is exceedingly satisfactory. Try it and be convinced.

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Forty Years in the Public Service, the Evening Telegram.

Interesting Items.

No greater crime is known in China than that of desecrating a graveyard. Because graves are found everywhere in China, the first railway built there had to follow a very circuitous route in order to avoid them.

Pennies do not consist of copper alone, there being in them 2 per cent. of tin and 3 per cent. of zinc to 95 of copper. They cost the Government about 1s. 9d. a pound exclusive of stamping, and there are forty-eight in a pound weight.

Three Damascus swords in the British Museum are so finely tempered and flexible that the point of each blade can be regularly curved until it touches the handle. These weapons were in use long before the Christian era and the secret of producing their extraordinary flexibility, toughness, and keenness is lost.

The great emporium called the Bon Marche in Paris has the largest kitchen in the world. The smallest kettle used in this kitchen contains 100 quarts, and the largest 500. Each of the 50 roasting-pans has room for 300 cutlets, and every dish for baking potatoes can hold 225 lbs. Sixty cooks and 100 assistants are always at the range during cooking hours.

The power of endurance of the Chinese coolie is marvellous. Many will travel over forty miles, carrying a heavy load on their backs and think nothing of it. A writer mentions the case of certain coolies who, after going for twenty-seven hours without food, and having carried a heavy burden in the meantime, still had strength enough to offer to carry a man fifteen miles farther.

In the public square at Nassau, the capital of the Bahama Islands, there is only one tree, but that tree literally fills the square, and spreads its shade over all the public buildings in the neighbourhood, for it is the largest tree in the world at its base, although it is hardly taller than a three-storey house. It is usually known as a ceiba, or a silk-cotton tree, but the people of the low islands of the West Indies call it the hurricane tree. Even the oldest negro in the island cannot remember when it was a bit smaller than it is at present.

Man's Beauty Badge.

What That Adam's Apple Means. Man's badge of beauty and brains is his Adam's apple, that projection in the fore part of the neck which has been so called, from the notion that it was caused by a bit of the forbidden fruit which stuck in Adam's throat.

Scientists have many theories on the subject, and have told a long story of the evolution of the apple—how man came by long descent from ill-formed spineless things that came into life by chemical action. Then came fish, which, as soon as they got backbones, began to develop something like Adam's apples. From the primitive forms of the ancient seas are believed to have come the mammals from which sprang the human race.

It is a long story, but the fact remains that as the human race developed and became more civilized the Adam's apple in man became more prominent. The ancient Greeks depicted their strong heroes and highest types of beauty with prominent "apples," although modern artists and sculptors rather ignore it in their works. As a matter of fact, the wearing of high stocks and collars would seem to point to the fact that man is not altogether proud of displaying his badge of beauty.

Proud of It, Too!

An anecdote from Major Ian Hay Beth's "The Last Million" shows the feeling of the British officer toward the American doughboy. "I like the young American's passionate affection for his country," says the Englishman, "and his fixed determination to boost everything connected with her. One day I was waiting in a village for an American staff car which was being sent for me from Chaumont. I found one standing at the corner of the street, so I asked the chauffeur, thinking he might be from headquarters—'Where are you from?' And he sat up and replied all in one breath, as if I had pressed a button—'Sir, I am from Marion, Ohio, the greatest steam-shovel producing centre in the world!' Just like that. That is what I call the right spirit."

The Endless Chain.

Every advance in wages increases the cost of living. Every increase in the cost of living forces further advances in wages. These in turn send the cost of living higher, says the Toronto Times. If the process continues we shall have a Tower of Babel that will pierce the clouds and make life impossible for millions of people. Where is the thing going to end? The problem is not rendered easier of solution by the fact that it is world-wide in extent.—Sydney Record.

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All housewives should be interested. If you don't find something in the list below that fills a present want, many of the things mentioned will be profitable to buy at these prices against future needs—take our word for it.

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Delightful frocks for holiday wear. They are made of Gingham and the styles are as new as money just from the mint. Light and dark colours in stripes, handsome plaids, etc. To fit 6 to 8 years. Reg. \$2.30, now

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NOTHING TOO GOOD FOR THE BOY.



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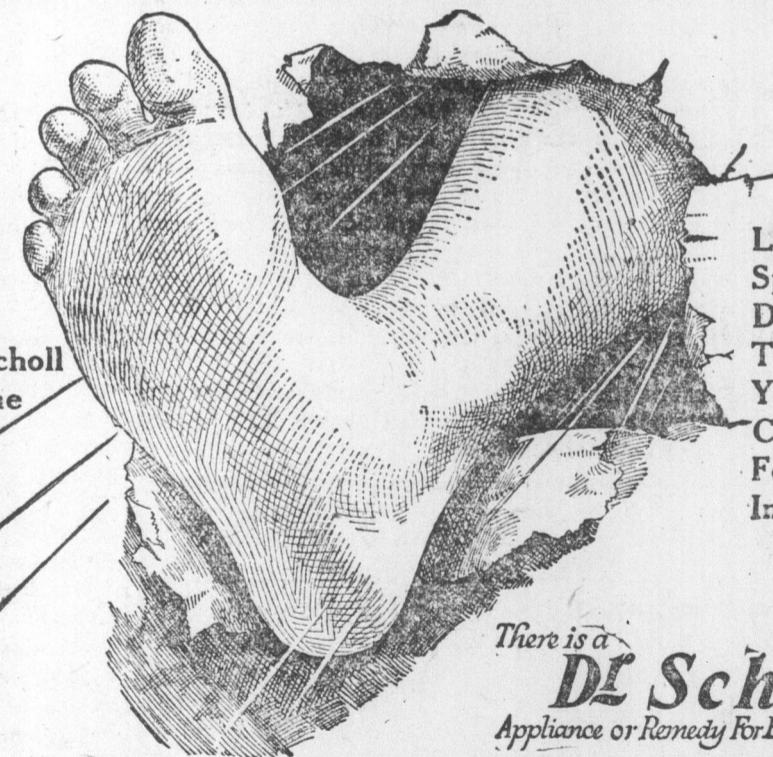
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