

the eastern shore of
Sea. . . Looking
reference, you may
nothing equivalent

tal of Mysia, was
a powerful dynasty
wealth and luxury,
profligacy."
opædia Britannica
much more, part
city was founded
adia, Greece, but
account until the
who deposited
under the charge
erus, who finally
so that, in B. C.
um) became the
pality. Eumenes,
succeeded him, and
ed by Attalus who
r the Gauls, who
tern Europe, and
king. About this
ne Romans began
e East, so Attalus
with them, and
n became very
Grecian soul led
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ame famous then

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onor of the god
wonderful altar
It was probably
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became known as
"Satan's seat."
ourage, however,
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eat of one of the

the city passed
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er town continued
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t 1878, however,
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Britannica and
The Professor
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f the Parthenon
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rieze that runs
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and when they
w a medley of
d faces, rounded
wing draperies,
es with terrible
pents, thrust of
our! Here and
a strange figure,
though from a
as emerging or
le represented a
the beasts, and
rising, superb,
easts were being

were many of
the old heaten
souls were not
no planned the
! And surely,
up the hill at
the smoke of
pagan temple,
who caught the
ween the gods

own Canadian
ng of the same



Don't Hesitate About Preserving This Year

JUST think how your folks will miss the fresh fruits next winter! Manufactured preserves will be unusually scarce and almost out of reach, and compared with their cost your home-made preserves will be a genuine economy.

A pound of sugar is enough for three jars of fruit. The increased cost of sugar really makes but a small difference on each jar you put up. On the other hand, the value of the jar of preserves is greater than ever before owing to the increased cost of other sorts of food. Remember that in preserving you get the value of the sugar twice, first as a preservative of your fruit and again as a delicious and nourishing food.

Last year very similar arguments were advanced against preserving, but those fortunate housewives who invested in neat rows of jars filled with a variety of fruits were well repaid for their foresight. The prudent housewife will again preserve as much fruit as her time and means permit.

For preserving the fine natural colour and flavour of Raspberries and all other fruits, buy LANTIC SUGAR in original packages.

2 and 5 lb. cartons
10, 20 and 100 lb. sacks

The "FINE" granulation which dissolves instantly in the hot syrup does away with the long cooking, and it is long cooking that fades fruit. On account also of its absolute purity and high sweetening power, LANTIC is the best sugar to use for all preserving.

FREE—BOOK OF PRESERVING LABELS. Send a Red Ball trademark cut from a bag or from a top panel of a carton, and we will mail you a book of assorted preserving labels, gummed and ready to attach to the jar.

ASK FOR LANTIC LIBRARY

The most complete collection of receipts ever published. Three separate books on Preserves, Cakes and Candies, and Desserts.

ATLANTIC SUGAR REFINERIES, LIMITED
MONTREAL

Lantic Sugar

"The Seal of Purity"

idea in his memorial statues to the men who fell in the Great War, a sacrifice, if ever there was one, to their idea of Right. Right against Brute Force—the vision in the mind's eye of the Canadian sculptor of to-day. . . . The conflict of the gods and the beasts, the vision of those sculptors of Pergamos. . . . The dialogue between Krishna and Arjuna—the Higher and Lower Selves—of the Bhagavad Gita. . . . The struggle between Right and Wrong in the lives of the human "folk" of to-day. . . . —Is the coincidence not worth a few minutes' thinking about?

JUNIA.

Worth Thinking Over.

"We have been too comfortable, too indulgent, many perhaps too selfish. And the stern hand of fate has scourged us to an elevation where we can see the great everlasting things that matter for a nation, the great peaks of honor, duty and patriotism, clad in glittering white, the great pinnacles of sacrifice pointing like a rugged finger to heaven."—*Rt. Hon. D. Lloyd George, Sept 19th, 1914.*

What Clothes?

For "Dardanella."

Since you are to make a prolonged stay in one or two large cities you will need much more clothes than if you were travelling straight through when "the least possible" would be a very good rule.

Leaving in September you will need chiefly fall clothes, yet you will have to take something summery along to have in case it should turn hot.

You will certainly need a good suit, also a long coat that will do for motoring and general wear—a Burberry, if you can afford it, if not, a tweed. Some sort of evening wrap also seems necessary, since you are to go to so many things in the evening. A pretty navy blue silk dress (crepe de chine or extra good Shantung) will be very useful for many occasions, and will always look dainty with a fresh collar. A pretty light-colored dress will be needed for evening parties, and probably you will find a fancy Georgette blouse, for theatre wear, etc., very useful. For outings and morning wear you will need a separate skirt or two and enough smocks and monkey-blouses to keep you going. If the weather is hot during the first part of your visit you will certainly need a white skirt, fine white gabardine or wash satin. . . . I'm afraid you will

think this a "dreadful" list, but since you are to be among "good dressers" who go out a great deal, it seems inevitable. Of course, you will have to add a kimono, and if you have a nice sweater coat take it along. A travelling hat and a larger hat, a pair of high walking shoes, Oxfords and pumps will complete the list. . . . White fox furs are lovely for dressy wear, but if you have not an extra set for knockabout use it would be better to choose a darker color—good fox, beaver or Hudson seal.

Her Fireless Cooker.

"I DIDN'T like my cooker at all, at first," said a woman who uses one constantly. "I had half a mind more than once to throw it into the back shed and leave it there. But I—well I stuck to it, and learned how to use it. Now I don't know how I could get along without it. I would give up almost anything else in my kitchen rather than it."

"Just what are the advantages?"

"Why, in the first place, it gives me so much time for other things. Early in the morning I prepare something for dinner and pop it in the cooker. Then I can spend almost until noon doing the

upstairs work, sewing and so on. The cooker never burns anything; no time is wasted looking at things to see how they are getting along. Why I can go to town, or to church, and when I come home there is a nice hot dinner waiting for us! . . . Another advantage is that the kitchen is so much cooler. And then you just can't imagine the saving on fuel! In these times of expensive coal and wood that means something."

"What all, do you cook in it?"

"Oh everything, really. You see I have a good one, with radiators in it. I've cooked all kinds of vegetables, made meat stews, roasted chicken, baked muffins and pie. It's fine for scalloped potatoes, and extra good for oatmeal porridge; oatmeal needs to be cooked so long, you know."

"Well I have a cooker and it bakes half the time—simply won't cook," said a bride who is having troubles of her own in the culinary line.

"Maybe you don't heat your radiators enough," said the enthusiast. "I always test mine. I put a bit of manila paper on the radiator. If it browns instantly the stove is hot enough for roasting; if it browns in 30 seconds it is right for baking; and if it browns in 45 seconds it is ready for gingerbread, custard, fruit-