Do you drink

"SALADA"

OR JUST TEA?

There's a distinct difference in favor of "Salada"

H265

SIDE TALK.

By Ruth Cameron.

THE RECKLESS PEDESTRIAN.

When an obviously reckless and unsafe auto driver is deprived of his dicense, both the pedestrian and the decent motorist applaud. And with reason.

But there are times when the motorist would like to see this carried a step farther and the ss and unsafe pedestrian and e rider or cart driver deprived license to make the road unsafe. is a tale which the A.L.A. s once carried.

"So Now!"

young woman was driving a car reasonable rate of speed, when ll girl emerged from an alley started across the street. When r the machine she did not start or hurry forward, she simply ed calmly into its path. The , of course, made a sharp turn, spatting the machine, and the child. Then she got out rmed her that she must be more l.

don't have to be careful," retort- little girl. "My mama told me you have to look out for me. So

ful spirit! And likely to have ful result someday either for ld or for some motorist who his life for the child's sake.

course that's an abnormal case. s a good deal of that feeling ...

Not To Walk In.

are for vehicles of all sorts to drive in, and for people to cross, not to walk in when there is anywhere else to walk. And still a great many pedestrians don't seem to know this yet.

And I wonder if there is a motorist who doesn't dread the boy on a bicycle more than any form of peril. Now he is trying to race you; again he has his small brother on the handle bars and is wobbling so uncertainly about that your heart is in your mouth as you pass him even if you have given him twice the margin you would give a car going 40 miles an hour; again you come upon him on a sharp curve, going the same way you are. Does he keep as close as possible to the side of the road? He does not. He keeps on defiantly taking at least half the road. His back could not proclaim: "I have as much right to the road as you have" more clearly if it bore it on a placard. You have to either break your machine down to six miles an hour to keep behind him or take a dangerous slice of the road to pass him.

To-morrow You May Ride.

If we had fixed classes in this country, and one class would always walk while another rode, it would not seem so strange that the walkers should feel resentment toward the riders. But our classes are so fluid. The man who walks to-day may be the man who rides to-morrow, and the man who rides to-day may walk to-morrow.

Why not be decently considerate then whether you walk or ride, knowing to-morrow you may need consideration of the same kind you give.

ons War on Pigeons.

ing the war many pigeons flying France to their homes in the Midlands were missing, and s led to the belief that they ave come to a tragic end in the ourhood of Salisbury. Then it ed that a pair of peregrine falhad established themselves in nder spire of Salisbury Cathe and the mystery of the disap pigeons was solved.

s said that peregrines and hobrs believed to have a swifter than any other birds. They alder to feed on other birds rathon the rats and mice which satisfy the kestrel and the owl.

Other places where falcons have been accustomed to rest are St. Abo's Head, in Berwickshire, Hunstanton Cliff, and Corton Church, in Suffolk.

It is quite possible that these predatory birds may be the descendants of those hunting falcons which were used a few centuries ago by lovers of the chase, and formed an important part of the sporting equipment of those who could afford such luxuries.

Good time, good Dance, good Music, eve of last whole holiday, September 4th, C. C. C. Hall. Music by Prince's Orchestra.
sept3,21

The Great Pacific Earthquake.

One of the greatest earthquakes of recent years occurred at three o'clock on the morning of February 4, 1923, at a point in the north Pacific Ocean 51 degrees north and 170 degrees east, and in 11 minutes exactly the shock was recorded on the seismographs in the Dominion Observatory, Ottawa. The centre of the disturbance was just about half way between the Aleutian Islands and the point of the peninsula of Kamtchatka.

At this point the floor of the ocean had been for many years subject to an ever-increasing stress, resulting from the shrinking of the earth and many other causes. Though no one was present to witness the convulsions at the centre of the disturbance, it is clear to scientists that they must have been terrific. With a mighty crash a great cleft opened in the floor of the ocean engulfing bodily the water above. Two great walls of water, the edges of this gulf, rushed together raising the ocean level high above its normal surface. While there was no damage to life and property at the point of adjustment, the tidal waves thus formed travelled over the ocean with a speed of about 400 miles an hour and rushed upon the shores of Hawaii seven hours later, causing considerable damage to property and some loss of life.

The seismologists at Ottawa were informed of the earthquake by a message in the form of three sets of earth waves. The first of these called the P or preliminary waves travelled the distance of 4,700 miles from the epicentre to Ottawa in exactly 11 minutes. The second set called the S or secondary waves took about 20 minutes, whereas the third set, the L or long waves, took about thirty-two minutes. The first two sets travelled through the interior of the earth, while the long waves radiated out over the ocean floor and over the land surface in all directions. It was from the difference in the time of arrival of these waves that the distance of the centre of the earthquake from the observatory was calculated. The combined records at Ottawa, Hawaii, and Georgetown (D.C., U.S.A.) were used to finally determine its exact location.

The seismographs are kept constantly recording, day and night. There are from 100 to 150 earthquakes recorded in a year. These records are furnishing data for the location of earthquake epicentres and active fault lines. The mass of data accumulated will probably lead in time to prediction of great quakes.

The perfecting of seismograph instruments offers, as an interesting and profitable side-line, means for the investigation of vibrations and sagging in buildings, filled-land areas, railway lines, and great chimneys, and, used locally with artificial quakes generated by means of explosives set off at the base of a single borehole enables surveys to be made for the location of oil and mineral deposits.

Seismograph records are of considerable value for the purpose of determining the conditions beneath the earth's surface. As the preliminary and secondary waves of this quake dipped 800 miles below the earth's surface, they penetrated far below any borings man could ever make and they brought up information which could not be obtained in any other way.

Parcel Post Adds to Exports.

WASHINGTON, Aug. 24—(A.P.)—The American export business by mail and parcel post is growing so rapidly that Department of Commerce officials have decided to ascertain so far as possible the extent of this business of which no statistics ever have been kept. It is believed to run into a huge sum each year, which will swell the total value of the foreign exports of the United States.

Plans have been completed to collect, beginning with January, 1924, statistics of exports by parcel post and mail, which have not been collected heretofore because such exports are not cleared through custom houses. Tentative regulations, subject to approval by the Postmaster General, have been drawn up requiring business concerns in the United States exporting by mail goods valued at $25 or over to file export declarations.

Stranded in Belgium.

Quite a number of British girls have recently been stranded in Brussels, and this again calls attention to the scandalous manner in which chorus girls are recruited for work in the Belgic capital. They are offered high wages, taken over, and after a pretence of employment are told that they must get money by other means. They are also callously informed there is no means of getting them back to England. Only recently the British Consul arranged for a batch of twelve stranded girls to be sent home.

DANCE ! DANCE ! DANCE ! —Follow the crowd to C. C. C. Hall, September 4th, and enjoy a real good time. Music by Prince's Orchestra. sept3,21

"You Can Get Strong and Well Just as I Did by Using
Dr. CHASE'S NERVE FOOD
At all Dealers.
GERALD S. DOYLE, DISTRIBUTOR.

Weeds Worth Growing.

Tasty Salads and a Tobacco Substitute Grow Wild in Our Fields or by the Roadside.

"Dirt," someone said, "is matter in the wrong place." Weeds you might define in the same way, as plants in the wrong place, and farmers and gardeners should remember that weeks not only rob growing crops of the food intended for them, but also stint them in the matter of air, light, and moisture.

On the other hand, weeds can be made useful. If they are turned under they help to fertilise the soil, and some of them are very valuable in this respect. Others are useful as cattle food.

Among these none beats comfrey. Comfrey is a large-leafed plant which grows wild in many parts of the country, especially in rather moist ground, and many big seedsmen actually stock the seeds. Nothing gives a horse a better coat. Comfrey is also useful as a vegetable. The young leaves can be picked and cooked like spinach. They make a very good dish, and are excellent for purifying the blood.

Try Boiled Bracken.

Nettles, too, can be used as spinach, and the dried leaves make excellent hay. Ponies, given hay in which there are nettles, will always pick out the dried nettle leaves and eat them first.

Bracken is increasing in England at an alarming rate. Great stretches of Dartmoor are covered with it, and it kills out the heather in its march. Yet bracken, weed as it is, has its uses. It makes good bedding for cattle, and the small curled fronds can be cooked and eaten. They require to be boiled for about an hour and a half, chopped fine, and flavoured with a little meat stock and a few cloves.

Dandelions ruin a lawn and have to be cut out bodily with a spade or old knife-blade, leaving ugly holes. Yet the French grow small patches of dandelion in almost every garden. The tender leaves make an excellent salad at the very time when lettuce and endive are not obtainable.

Equally abominable, from the joint of view of the man who delights in smooth, shaven lawns, is the plantain. To the green-keeper of the golf club the presence of this weed is particularly hateful. All the same the plantain has its uses. Sheep delight in it, and will eat it, leaf, root and all. The seeds are one of the greatest delicacies which can be offered to a caged bird. Finches and canaries love them.

Rhubarb's Relative.

All of us grow rhubarb, which is to a native of this country. Few, however, pay any attention to its near relatives, the sorrels, which grow wild on every hand. We leave them to the sheep to consume, although for salads the tender leaves of sorrel are considered by many superior even to lettuce.

It is quite worth while to go out into the fields with a trowel, dig up a dozen of sorrel plants, and transplant them to your garden. Put them six inches apart, water well, and the leaves will be deliciously crisp and tender.

The teasel, now grown in great quantities for use in woollen mills, where it is the best medium for giving a nap to woollen cloth, is also a common weeds, is about the only substitute for tobacco found in this country. The leaves, if cured like properly will not smoke at all badly in a pipe.

Make Cuticura Your Daily Toilet Soap
Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming.
Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

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"THE FISHERMEN'S FRIEND"

"EXCEL" Rubber Boots for Men and Boys

SPECIAL FEATURES:

Are made all in one piece to prevent ripping or cracking, by a Special Vulcanizing process. Specially reinforced tops to withstand chafing or cracking.

An 8-Ply Heavy Rubber Sole with extension edge, running all the way under the heel. Insures more wear per pair than any other make of Boot on the market.

Are made on a particular shape of last, which give the foot more room and prevents slipping at the instep and heel.

A heavy Cloth insole made under a new process which absorbs all moisture, is nicely fitted in to add extra comfort for the wearer.

A 4-Ply Duck lining is also used, treated specially to keep the foot and leg cool during hot weather.

Ask your Dealer for "EXCEL" BOOTS
"THE FISHERMEN'S FRIEND"
Sold by all Reliable Dealers from Coast to Coast.
Distributed by
Parker & Monroe, Ltd., The Shoe Men

june25,m,w,f,tf

Mammoth Show at the Nickel Yesterday.

"BROADWAY ROSE" IS MAGNIFICENT PHOTOPLAY.

An entertainment of superior excellence was witnessed at the Nickel last night. Miss Margaret Freer, the popular mezzo-soprano delighted everybody with her renditions of "Vissi D'Arte" from La Tosca and "A Little Bit of Heaven." Miss Freer's interpretation makes them a source of thrilling inspiration to all who hear them.

In "Broadway Rose," which opened at this theatre yesterday, Mae Murray has again added to the dramatic interest of a powerful love story a dazzling production conspicuous for its gorgeous settings and wonderful costumes. Not the least interesting parts of the picture are those episodes where Miss Murray is given opportunity to display her ability as a dancer. There she becomes the idol of Broadway and receives the adulation which is showered on the favourites of the Gay White Way. Success in her career only serves to increase her desire for the love and happiness which every woman craves. So When Hugh Thomson urges her to marry him she consents in spite of the fact that she knows that his father will disinherit him for marrying a dancer. All's well that ends well.

DANCE ! DANCE ! DANCE ! —Prince's Orchestra will have Barney Google with Bananas for the people who will attend Dance in C. C. C. Hall on September 4th. sept3,21

Household Notes.

Serve fried veal cutlets with brown butter, lemon and capers.

Flour for bread dough should be warmed slightly in cold weather.

Sixteen tablespoonfuls, or one-half pint, is contained in the standard cupful.

Rubbing with a cloth dipped in kerosene will keep lacquered copper in good condition.

Dumplings should be kept closely covered while cooking, as otherwise they are apt to fall.

To make potato chips or Saratoga potatoes successfully, one should use a vegetable cutter.

Wild rice is a comparatively new dish and is quite delicious served with wild duck or any game.

If the filling of stuffered peppers needs moistening, any kind of soup-stock or gravy can be added.

Pastry flour contains less gluten and more starch than bread flour and therefore is smoother and lighter.

If spaghetti is being served with a seasoned sauce, but no main dish of meat, add a few bits of chopped ham or tongue.

A steamed fig suet pudding flavored with cider or orange juice is delicious served hot with hard or foamy sauce.

Served with either sausage or chops, buckwheat cakes and maple syrup make an ideal breakfast for a cold morning.

Make a blackberry pie with one crust, cover with a sweetened meringue, sprinkle with a little sugar and brown delicately.

Fill small tart shells with fresh ripe blackberries, top with sweetened whipped cream and garnish with a few choice berries.

Brown barley is delicious and wholesome cooked like rice and served as a vegetable, or with top milk and sugar as a cereal.

Mashed potatoes will be more fluffy if, after they are boiled and drained, they are dried by shaking the pan over the fire.

Clean bran can sometimes be purchased at a nearby feed-store, put several times through a good grinder and used in the cooking.

English muffins are unusually delicious when split, toasted on a griddle, spread with butter and served with honey or marmalade.

Bake light bread for sandwiches in greased baking powder cans, filling them only half full to allow room for the dough to raise before baking.

Never let freshly baked bread stand in a draught until it has cooled. Remove loaves of bread from the pans as soon as they have finished baking.

Stuff green peppers with a mixture of cold boiled rice, chopped cold meat chopped onion and seasoning, cover with buttered crumbs and bake.

Unless a recipe states otherwise make all measurements level, as they insure more perfect results. A knife can be used to level off dry ingredients.

MINARD'S LINIMENT FOR DANDRUFF.

X
If you are below the mark—
Take BOVRIL