

MAGIC BAKING POWDER



Island of Serpents

Less than thirty miles east of Sulina, the second important Black Sea port of Roumania after Constanza, is the tiny island of Serpents, around which cling many fantastic legends of fascinating interest as well as several historical episodes which at one time threatened to become of international moment, says the National Geographic Society bulletin.

Unlike the monotonous reaches of reed-covered marshland which stretch for fifty miles along the Roumanian and Russian shores to the north and south of the Sulina mouth of the Danube and seldom attaining an elevation of more than two feet above the level of the Black Sea, the island of Serpents, or Fido-nisi, thrusts its precipitous cliffs above the water to heights ranging from fifty to a hundred feet. It is a mere fleck of rock in a sea whose depth a few yards from the shore is twenty fathoms.

The island is scarcely more than a mile in circumference, but has been a beacon guiding ships to the Danube for many centuries, its elevation being in such striking contrast to the delta land of the great river.

In ancient times Ido Nisi had a variety of names, but Grecian poets and travellers referred to it most frequently as Lunce, or the White Island, on account of the numerous

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JOHN WALKFIELD, L. H. Ave. Islands, Lunenburg Co., N. S.

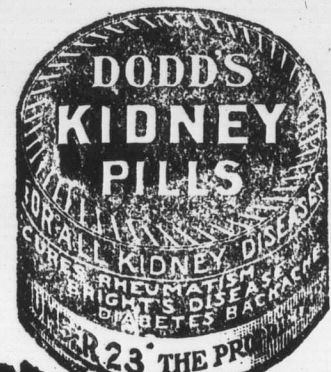
sea fowl which at certain seasons of the year swarmed over its cliffs. It was on this island that Thetis, the marine goddess, is supposed to have carried the ashes of her son, Achilles; hence the temple erected here in honor of the hero of the Trojan war. Another legend relates that Thetis snatched the body of Achilles from the funeral pyre, that he was restored to life, and that thereafter he lived on the island with Iphigenia, the daughter of Agamemnon, who had been saved from sacrifice by the goddess Artemis.

One of the most poetic descriptions of the island and its temple is given by Arrian in the account of his voyage around the Black Sea in the second century of the Christian era. He writes:

"It is related that Thetis gave this island to Achilles, and that he still inhabits it. His temple and statue, both of very ancient workmanship, are seen there. No human being dwells on it. It has only a few goats, which mariners convey to it as votive offerings. Other offerings or sacred gifts are suspended in honor of Achilles, such as vases, rings and precious gems.

"Seabirds, divers and fowl innumerable frequent the island, and the birds alone have the care of the shrine. Every morning they repair to the sea and, dipping their wings in the waves, sprinkle the temple and afterward sweep with their plumage the sacred pavement."

The name island of Serpents stems out of the fact that numerous black snakes from four to five feet long were discovered here by mariners. Many of the reptiles are said to have fallen in the caverns of the island.



and polluted the waters, which are now undrinkable.

The Amazons are supposed to have attempted to seize this island on one occasion, but the ghost of Achilles appeared and so terrified the horses of the female warriors that the riders were thrown and severely trampled upon, whereupon the expedition was abandoned.

This meager rock brought England and Russia to the verge of war sixty years ago, following the treaty of peace which ended the Crimean conflict. The island was not mentioned in the terms of the treaty, and when Turkey sent a small party to re-light the lighthouse, which had been dark through the struggle of 1855-6, Russia attempted to take control of the beacon which stands as a guidepost to the Danube's mouth. England protested and sent a fleet across the Black Sea to enforce her demands in behalf of her then recent ally, the Sultan. Russia, after a brief threat of resistance, yielded.

The island passed into Roumanian hands when that nation threw off the Ottoman shackles in 1877.

An Unlucky Showman.

Punch and Judy originated in China about 1,000 years before Christ. The Emperor Mir of the Chow dynasty was one day making a tour through the empire when an entertainer named Yen Shi was brought into his presence to amuse the ladies of his court. During the performance the puppets cast such significant glances toward the ladies that the angered emperor ordered the originator of the "puppet" play to be executed.—London Answers.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot be helped by any means. Write to my mother, my successful home treatment, with full instructions. If you need a reliable you in this way, write me, no money, but write me to-day. My treatment is highly recommended to all who are troubled with wetting, either by day or night. Address: Mrs. M. Summers, BOX 8, WINDSOR, Ontario.

TOMB OF MANY KINGS.

Bones of Sixty Monarchs Lie in the Isle of Iona.

On the little misty, stormy swept island of Iona in the Hebrides to the west of Scotland, lie the ruins of the monastery whence came the men who Christianized the British Isles. The island has changed but little from what it must have been in those remote times. The same dense fogs still veil it, rising from the warm gulf stream, the same westerly gales howl over it, and in the little sheltered grassy hollows the simple people live and till the soil as they did in the days of St. Columba, who founded the monastery. Their implements may be more modern, but they are the same—plough, harrow, and scythe.

Iona is the most fertile and beautiful of the Hebrides, of which there are some 50 scattered about the waters to the west of Scotland. Only about 100 of these islands are inhabited at all, and the greater part of these latter support less than a score of people each. It is a region of rain and mist, with rare clear days that are like the infrequent laugh of a child, but kindly and merry. The atmosphere of the archipelago is made of dreams and silence. It seems out of the modern world.

Iona has been a sacred spot time out of mind. Long before the earliest missionary came to Britain, it was a place consecrated to the early Druidic ceremonies. After St. Columba founded his colony, the ground was held so holy that kings bade their subjects bury their bones in the graves of the sixty monarchs, Irish, English and Norse, he under the sod of Iona. One spot, known as the King's Grave, is marked by a row of monuments, fenced in by an incognuous modern iron railing. It lies in a bare plain, whose surface is dotted with other stones and monuments, half covered with grass, leaning sadly awry. It is a long time since those stones were raised.

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THE PEASANT'S RIDDLE

And How the Sicilian Kept the Promise He Made to the King.

A Sicilian laborer told us this story. He says his mother told it to him when he was a child. It sounds like one of Grimm's tales and is undoubtedly very old folk lore:

"My mother told me that once there was a king who saw a peasant working in a field and asked him how much he earned. And the peasant said, 'Four carlini a day.' 'What do you do with your 4 carlini?' asked the king. 'One I eat, the second I put in interest, the third I return, and the fourth I throw away.' This puzzled the king, and he asked the peasant what he meant. And the peasant said:

'I buy my food with one. I feed my children with the second, and that is putting money out at interest. I feed my old father with the third, and that is paying back what has been given me. I give the fourth to my wife, and giving her money is throw-

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"That's a good riddle," said the king, and I must tell it to my friends. Promise me that you won't tell any one the answer till you have seen my face a hundred times." So the peasant promised, and the king went back to his palace and asked them the riddle. Nobody could answer, but one remembered seeing the king talk to a peasant and asked him about it. But the peasant said: 'I can't tell you. I promised the king I wouldn't tell the answer till I had seen his face a hundred times.' 'Oh, that's easy!' said the king's friend, and he took a hundred five out of his pocket and every piece of money had the king's face stamped on it.

"So the peasant told the king's friend the answer to the riddle, and the king's friend went back to the palace and said to the king, 'I can guess your riddle now, and he did. Then the king became angry and said: 'You couldn't have guessed it. That peasant has broken his promise!' So the friend had to tell the king how he had fooled the peasant.

Paste This On Your Mirror.

If your boy goes to the front: He has twenty-nine chances of coming home to one chance of being killed. He has twenty-nine chances of recovering from a wound to two chances of dying. He has only one chance in 500 of losing a limb. He will live five years longer because of physical training.

Only 10 per cent. of men in the army train in civil life. He has better medical care at the front than at home. In other wars from ten to fifteen men died from disease in one from bullets. In this war one man dies from disease to every ten from bullets. This war is less wasteful of life than any other in history. If your boy is one of all Canadians disabled for further service has been physically unable to engage in their former occupations. Only 10 per cent. of men in the government will re-educate him in another vocation at which he can earn a living.

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TIN'S BIG PART.

Very Useful is This Metal in Our Industries.

The threatened shortage of tin is a reminder of the importance of that metal and of the part it has played in the commerce and industries of the world from remote times. In all the books of history treating of the ancient world it is recorded that the Phoenicians made voyages beyond the straits of Gibraltar and sailed as far to the north as that land now called England, bringing back among many other commodities tin from Cornwall. Tin was an export of prime importance from the British Islands centuries before the invasion of Britain by the legions of Caesar.

Tin is referred to in the Bible, and scholars have learned that copper was alloyed with tin by the Egyptians at least 1600 years before the coming of Christ. Piny has something to say about tin, and students of his writings believe that in his time the Romans had no very clear understanding of the difference between tin and lead, but they knew there was a difference, because they called lead "plumbum nigrum" and tin, "plumbum album." The early Greeks called tin "kastasteros" and the Hebrews called it "belli."

It was about the fourth century that the Romans, having come to a very fair understanding of the properties of tin, called it "stannum," which remains its technical or scientific name to-day. Its symbol in chemistry is "Sn," an abbreviation of stannum. At a much earlier period the Greek alchemists, who long experimented with tin, called it "bermes." The tin deposits in the south of England are the oldest known workings in the world, and perhaps those

that we next discovered and opened were in Saxony and Bohemia. It is believed that the manufacture of tinplate, or, as it was known in Bohemia early in the 17th century, that it spread from there to Saxony, and it was introduced into England in the latter half of the 17th century.

Tinplate consists of iron or steel rolled into very thin sheets which are then coated with a composition of tin and lead, lead constituting from 75 to 90 per cent. of the composition. There have been processes and improvements in those processes for coating the iron sheets with the tin-lead mixture and these processes of "tinning" are very interesting. The use and production of tinplate have enormously extended with recent years, not only because of the remarkable growth of the canning business, but because of the popularity of tinplate for making containers of many shapes and sizes for a great variety of articles.

Tin is found in ores with many other metals and minerals in lumps and grains in alluvial gravels. It is found in Siberia, Australia, Guiana, and, in fact, most parts of the world, but the notable workings, those which furnish the great part of the supply which the world consumes, are in Bolivia and the Straits Settlements. A large amount of tin is consumed in the manufacture of tin foil, tons of which are used annually in the tobacco trade, and another extensive use for tin is in "alivering" the backs of mirrors, in being used in this way it is mixed with copper. Tin is also used in the making of bronze, brass and pewter.—Washington Star.

SERIOUS ILLNESS AVOIDED

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and invigorate the vital organs.

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You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

HELIGOLAND.

Once Fashionable Watering Place is "Bristling Fortress."

Some places, like some people, have greatness thrust upon them, and much greatness has, especially of late, been thrust upon the little island of Heligoland, which rises abruptly out of the North Sea some thirty-four miles northwest of Cuxhaven. The Germans since the cession of the island to Germany by the United Kingdom in 1892, have spent vast sums of money on it, in the effort to make it an effective naval base. They have built a sea wall of steel, granite and concrete, twenty-five feet high all round it; they have constructed a harbor for submarines at great expense; they have honeycombed the rock of its mighty cliffs two hundred feet high, with galleries; in fact, they have done everything that could be done to transform the island into a "bristling fortress." What they have done, however, is as nothing compared with what they have been credited with doing, by those who, with a sorry knowledge of the facts insist on regarding Heligoland as little less than the key to the naval and military strength of Germany. Germany has, of course, done much to the island since the outbreak of war; but how much is a question which could never, probably, be answered to everybody's satisfaction, because nobody, except the German authorities, knows. The Heligoland, however, of the days before the war was open enough for anybody to see. Many visitors in the summer months of each year went to seek at its shivering beach of white sand, and indulge in sea bath-

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ing, in climbing the high red cliffs and in walking about on the green Oberland. And the first thing that struck the new visitor must surely have been the smallness of the place, a little triangular piece of land, just a mile long, and barely a third of a mile across, only one-fifth of a square mile in all. Centuries ago, however, Heligoland was at least five times its present size, and a place of no little importance. Like so many islands, it had a peculiar attraction for the peoples of the surrounding mainlands. They stood in awe of it, and mythology early claimed it for its own. Here the Forseti, the god of justice, had a temple, as had also, according to another tradition, the goddess Hetha, a special object of veneration amongst the angles of the mainland, later on it was the realm of the pagan king, Radbod, and it was later that Sir Willibrod came, in the seventh century, preaching Christianity. But all the while the ownership of Heligoland was in dispute. Sea rover fought sea rover for possession of the island, until at last it became a fief of the dukes of Schleswig-Holstein. Even then, however, it had little rest, for, whenever the dukes of Schleswig-Holstein found themselves in need of ready money, they had a way of hypotheating Heligoland for loans advanced in the free city of Hamburg. Ceded to England in 1814, the island was, as already noted, transferred to Germany in 1892, and the Heligoland-ers did not welcome the change. They are not, as one writer clearly points out, Germans in any modern sense; neither have they, by race or language, any affinity with the Dutch Friesland. They are, indeed, generally supposed to be survivors of the Saxons who remained behind when Hengist and Horsa and his followers set sail for England. But one may be forgiven the paradox, for, according to all reports, the civil population of the island was removed within forty-eight hours of the outbreak of the war.—Christian Science Monitor.

Minard's Liniment Relieves Neuralgia

THE Hospital for Sick Children College St., Toronto ITS CHRISTMAS MESSAGE

Dear Mr. Editor:— Thanks for your kindness in all wing me the privilege of appealing to your readers this Christmas time on behalf of the Hospital for Sick Children, the "Sweetest of all Charities," which has as its mission the care of the helpless sick, the crippled and the deformed. There never was a year in the history of the Hospital when funds to carry on the work were more needed than now.

Your purse is the Hospital's Hope. Your money lights the candles of mercy on the Christmas trees of health that the Hospital plants along the troubled roadway of many a little life. So I am asking you for aid, for the open purse of the Hospital's friend is the hope of the Hospital at Christmas, just as the open door of the Hospital's mercy is the hope of the little children throughout the year. Calls on generous hearts are many in these times. Calls on the Hospital are many at all times, and especially when food and fuel and drugs and service costs are soaring high. YOU know the high cost of living. Do you know the high cost of healing—of helping the helpless to happiness? What you do to assist is the best investment you will ever make. Do you realize what this charity is doing for sick children, not only of Toronto, but for all Ontario, for out of a total of 3,740 in-patients last year 646 came from 234 places outside of Toronto. The field of the Hospital's service covers the entire Province—from the Ottawa to the far-off Kenora—from the borders of the Great Lakes to the farthest northerly district. The Hospital is doing a marvellous work. If you could see the children with crippled limbs, club feet, and other deformities, who have left the Hospital with straightened limbs and perfect correction, your response to our appeal would be instant. In the Orthopedic Departments last year a total of 330 in-patients were treated; and in the Out-Patient Department there were 1,346 attendances.

Let your money and the Hospital's mercy lift the burden of misery that curses the lives, cripples the limbs and saddens the mothers of the suffering little children. Money mobilizes the powers of help and healing for the Hospital's drive day and night against the trenches where disease and pain and death assail the lives of the little ones.

Remember that every dollar given to the Hospital is a dollar subscribed to the Liberty Loan that opens the prisons of pain and the Bastilles of disease, and sets little children free to breathe the pure air, and to rejoice in the mercy of God's sunlight. Will you send a dollar, or more if you can, to Douglas Davidson, Secretary-Treasurer, J. ROSS ROBERTSON, Chairman of the Board of Trustees. The only man who has more friends than he needs is the man who doesn't need any.

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FARMS FOR SALE.

150 ACRES—PARTS OF LOTS 25 AND 26, in third concession township of Halton, County of Northumberland, 2 1/2 miles from Grafton, 1 mile from Colborne; large brick house, 10 rooms; large barns and poultry houses; 20 acres in apples, 10 in cherries; two wells and cistern; also in Buckley in pasture; rural mail delivery and telephone; price \$17,500; immediate possession; owner overseas. Douglas Ponton, 10 King Street East, Toronto.

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Minard's Liniment Cures Burns, Etc.

China and the Tartars.

The Manchu Tartars, who conquered the early Chinese, have left the impress of their former manner of life upon many styles seen to-day in Chinese fashions of clothing. For instance, the official coats, as seen in China at the present time, are made with very peculiar sleeves, shaped like a horse's leg and ending in what is an unmistakable hoof, completely covering the hand. These are known as horseshoe sleeves. This is owing to the intense love of the early Tartars for horses, from whom they were practically inseparable during their generations of wild wandering before settling down in China proper. The old queue is also said to have been worn in imitation of the horse's tail and also as a useful halter to tie about the horse when the Tartar curled up beside his beloved dumb friend for a sleep.

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Guest Dessert.

All in an ice-cold sherbet glass—Halved marshmallows. Diced fruit. Chopped nuts. Grape juice. Whipped cream. Cherry.

In sizing up their friends the only distinguishing mark some people can see is the dollar mark.

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