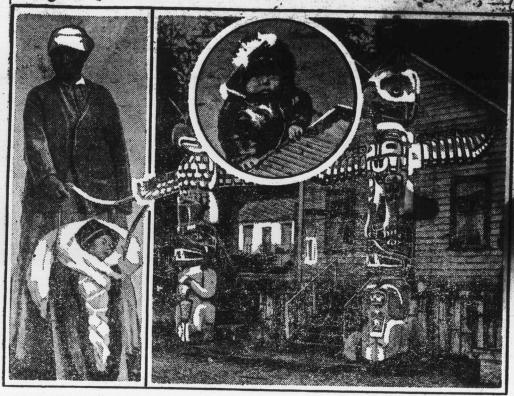
Coastal Indians of Mysterious Origin



Siwash Squaw and "Papoose." This photograph was taken on the Canadian Pacific dock, Vancouver, where In-ave been granted permission to camp at certain seasons. Right—The striking feature of Siwash art is found in their unity carved and painted totem poles. Inset—A typical infant Siwash.

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moreover, are of very similar architecture to those of the Flowery Kingdom, though built of wood. And, like the Japanese, they are a very poetic people, with a prolific and beautiful folk-lore.

But the most remarkable distinction enjoyed by the Siwashes is their art, which does not resemble that of any other race—certainly not that of any other race—certainly not that of any other American Indians. Of this, conventional realism sounds the key-note. Their buildings are richly and fantastically carved. Their ceremonial dresses are equally elaborate. They delight in bold effects are equally elaborate. They delight in bold effects

Left—A Siwash Squaw and "Papoese." This photograph was dians have been granted permission to camp at certain seasons. Right—The striking feature of Siwash art is found in their grotesquely carved and painted totem poles. Inset—A typical infant Siwash.

HE Indians of coastal British Columbia are unlike any other Indians of North America. The name "Siwash", by which they are commonly distinguished from the plains Indians, is a corruption of the French word "sauvage", which the early explorers naturally applied to them. It is not a native mame. They do not look at all like the plains Indians but like Orientals and, though their history is so obscure that it is impossible to trace their origin, this seems to prove beyond doubt that they are sprung from some such stock, most probably the Japaneses are dressed alike, one can hardly tell them apart.

How these people crossed the Pacific is a mystery. Perhaps they are the survivors of some hapless armada blown across the ocean in some bygone age. Perhaps they are the survivors of some hapless armada blown across the ocean in some bygone age. Perhaps they deliberately sailed across, like Columbuses of the East. Perhaps they crossed by the ice of the Bering Straits. Anyhow, there they are.

There are many other points of resemblance between the Siwash and the Oriental. Like the primitive Japanese, the Siwashes live by hunting and fishing and are much on the water—in fact, their canoes are to them what the horse was to the Sioux. Like the primitive Japanese, again, and unlike the plains Indians, they do not live in tents but in houses, which, moreover, are of very similar architecture to those of the Flowery Kingdom, though built of wood. And, like the Japanese, they are a very poetic people, with a prelific and heaviful folk-lare.

Women

BESS HAD 800 DRESSES, THE HOBBY OF HOME MAKING

ality.

omen have gone back to the centh century for their styles, ording to W. Hughes Jones, the torian, in a lecture in London.

At least the best dressed women re," he said. "The thirteenth centre," was remarkable for its simplicity. was remarkable for its simplicity gracefulness. There was not money and materials were extended the money and materials were extended the money and economically; the woman day has more means but she arned the secret of good taste er clothes greatly resemble the thirteenth century."

rinoline skirt, the lecturer de-I, rould have been impossible in intreenth, but it was not out of "In the spacious days of Queen beth". It was one zabeth." It was an extravagant yle and was evolved in an extrava-int period, when people were get-ng rich and were willing to splurge. The crinoline skirt was a monstrosity of the was in keeping with the vanty of Queen Elizabeth. "She was probably the vainest woman who eyer lived," said the lecturer. "She had 800 dresses."

SEPTEMBER

(By Molly Bevan.) Across the rolling green of summe

purple asters

The goldenrod has flung its banners gay, The roadsides are besieged with

The hills are misty blue and far away; Where the fairest garden lies hover drowsy butterflies And the crickets make an endles

cheery din; The vineyards, and the orchards, and the wide wheat fields

Are waiting for the harvests to begin.

September, as our English tongae has called it,
Brings fulfilment to the promise of

the Spring, a last farewell to summer's gladness. s the earliest birds to south

ward wing, ers with the heat at noon yet, beneath the harvest moon, eels the first faint hint of Autumn's chill, hile the maples, and the beeches,

in the deep green dells,

Mock the ageing of the year with freshness still.

er-in our English tongue Indians bad a sweetly spoken name: of Falling Leaves" legends term it, Twas then the blessing of Mon-

damin came; each simple pagan heart set the golden month apart To give praise for the corn-harvest

once again.
may we who own their forests and their far fair lands
Offer thanks unto the "Giver of
the Grain."

THE KITTEN'S LAMENT

Will someone kindly pity me? I need it if you please, My little mistress seems to think Pet cats are made to soueeze.

She dresses me in dolly's clothes, And calls me "Darling Fluff;" Of teasing and of hugging me She'll never have enough.

I try to bear it patiently.
Of course, I ought to know The reason I am almost checked _Is 'cause she loves me so. —Keith McKerroll.

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Many of the world's greatest wo-man artists specialize on home maknot do the drudgery of their homes because long hours of study and other artistic demands forbit it.

But they can direct their homes and funness on them their comments. impress on them their own person-

Louise Homer, the great American contralto, is almost as famous for her beautiful children as for her singing, and the same may be said of Gena Branscombe, the Canadian com-poser, who is essentially a homemaker, and one of whose children is already beginning to compose 'on nobler things' says her mother, 'than

I used at her age.'
Madame Galli-Curci, writing on this subject in The Designer, says: "I think we women who make a career enjoy home more thoroughly than do those who live secluded lives.

Nothing has brought me greater hap-piness than planning for our home. My American husband, Homer Samuels, searches through magazines with me to find the architect whose houses we like best. We found him, and we built in the rambling old English Our place stands on the crest of a tall mountain in the Catskills, near High Mount, in New York State. Solid and enduring, it looks as if it had been there for centuries. Every woman will understand me when I say that in summertime as I watched say that in summercime as I watched the house grow stone by stone, it seemed to become part of me. There was to be my haven, my place of rest, my old friend whom I would find waiting for me every time that I came back."

HOUSEHOLD HELPS

The butchers tell us that during the summer it is more difficult to sell the cheaper cuts of meat than during the winter and in consequence the increased demand for the more tender cuts results in an increased price. But unless the weather is exceedingly warm, which cannot be argued this summer, there is no great difficulty about using the cheaper cuts which require only long cooking to render them quite tender.

An excellent dinner is:

Brisket a la Vinaigrette

Brisket a la Vinaigrette

brisket of beef.

cups vinegar.

tablespoons olive oil. 6 whole cloves.

1 teaspoon peppercorns. 1 carrot. 1 onion 2 stalks celery or celery leaves.

Parsley. Trim meat neatly. Dice the vegetables, add to vinegar oil and spices, pour over the meat and let stand overnight. In the morning add water to cover and simmer till tender

Then press into a pan, cover with a weight and cool. Serve sliced, cold. Thicken the stock the meat was cooked in with 2 level tablespoons flour to each cup and serve cold or hot with the meat.

Braised Steak Flank

Another good meat dinner is made from a flank steak or round steak. Score or cut with gashes a flank steak. Dredge well with flour. Dot over with pieces of fat or dripping and place in a roasting pan. Over this place a thick layer of thinly this place a thick layer of times slived onions, over the whole pour 2 cups of stewed tomatoes. Cover tightly and place in the oven. Cook slowly 2 hours. Half an hour before the meat is done add a layer of holder fice or small uncooked potatoes and more liquid and cook uncovered. This makes a complète dinner served en a large platter.

Stuffed Heart Wash thoroughly, Stew up after filling with-

1 cup broken bread disped in drip ping and browned in over 1 chopped onion.

Salt and pepper to taste Cover, with water and simmer till ander. Remove from water half an tender. thour before serving. Dredge with flour, pepper and salt, or sprinkle with bread crumbs, Bake in oven till brown.

Tomatoes Tomatoes are ripening on the vines and will soon be plentiful and cheap There are many ways of serving and they are excellent food.

Whole Temato Salad Whole Temato Saizd
Cut off the top of the tomato. Remove the inside, and fill with a maxture of any chopped vegetables and
chopped meat with salad dressing. Use the centre and the top which is cut off for soup

Baked Stuffed Tomatocs Cut the top off tomatoes and scool out the centre and seeds. Place them a dressing made from bread cramb and chopped meat, and celery. Creamed cheese or pimento may be added. Bake until tender and serve

Green Tomatoes and Onions Slice green tomatoes and onions
Slice green tomatoes and onions
in quarter inch slices, put in frying
pan with good dripping. Add salt
and pepper and put some dripping on
top. Put lid on and cook till tender.

A GREAT BEAUTIFIER

Women everywhere seek to be more beautiful. This is an excellent desire and not nearly so difficult of attaining as would seem upon first thought. Of course, we are not thinking of the work of remodelling the face, of straightening the nose, of smoothing away the double chins, of smoothing out wrinkles, etc., ctc. Could we assure you of such miracles, dear reader, our fortune would be made and treasure unearthed.

However it has seemed that so many remedies are always put on the surface, as is face cream, and the

surface, as is face cream, and the underlying cause undisturbed.

What beauty can the pale, anaemic girl expect to get by the plastering on of clay, rouge, cream and powder? In fact the more of it that is applied the more ghastly the poor little creature looks.

And even if one's work is confining there is no real reason for looking washed out and weary if reasonable care is taken and common sense ob-

served in one's life.

Burning the candle at both ends cannot be done for long, and plenty of rest, with all the fresh air and sunshine possible, and sensible, plain, nourishing meals will soon give the beauty of health.

The great beautifier which we in-

tended to mention before this is a very lowly friend indeed, and one that is typical of the big family to which it belongs.

It is not friend and beautifier for

the wealthy, but belongs in every

It is especially well known wherever there is a garden plot behind the house, that is, a vegetable garden. It is obtainable summer and winter and is at its best right now.

It is more beneficial than a bottle of tonic for it contains much iron. It is delictous served hot and in

salad is good.

It is a deep golden orange color with feathery green leaves which are beautiful in bouquets.

It is your humble vegetable friend,

the carrot. Give it a chance to help you become healthier and then give the same chance to its brother vegetables. They are all at your service.

WHY IS A CHILD ALWAYS HUNGRY?

Tood as muscle mores, heat is given off. The greater the activity, the more heat is produced. As children are normally very active, they give off a great deal of heat, and they give off a great deal of neat, and Food Is Fuel

very close relationship between a person's activity and his need for food needs and muscular activity of adults, it is known that there is a makes so much food necessary? As a result of many measurements of the What is there in the child's life that year-old boy eats twice as much as his father, who has double his weight. of a large family that children need large amounts of tood. She knows it.
The appetites of children seem, at times, insatiable, for many a twelveas the heat must be produced either as the heat must be produced either from food or from the body substance, they must eat a great deal in order not to lose weight. A normal, healthy child does not know the meaning of food economy. The half-starved children of Vienna were listless and thin because their scanity diet was only sufficient to keep them. diet was only sufficient to keep them alive and left nothing over to supply the needs of growth and exercise.

Food Is Building Material
Food provides not only fuel for
muscular activity but building material for growth. The growing child needs an extra supply of food from which, by the process of digestion, material may be absorbed, and then re-built by the bodily machinery in-

to flesh fat and bones In addition to the demands for muscular activity and growth, food must keep up the internal vital activities of the body which goes on in the body at rest independent of greatest of the whole range of life.

No wonder children are hungry and eat ravenously. Think of their food demands! They are incessantly active at play or work, and this activity results in the combustion of fuel or food in the body; they need food to supply the material for growin; and finally, they have a higher vital activity, even when perfectly quiet and asleep, that is, the fires of life burn more intensely than in adults, more heat is being given off in proportion to their size, and for every unit of heat (a calory) lost there must be corresponding fuel furnished in the food.

THE MAN WHO WINS

The man who wins is the man who works—
The man who tolls while the next man shirks;
The man who stands in his deep dis-

tress With his head held high in the deadly press— Yes, he is the man who wins.

The man who wins is the man who

knows The value of pain and worth of woes, Who a lesson learns from the man who fails And a moral finds in his mournful

wails— Yes, he is the man who wins.

The man who wins is the man who stays
In the unsought paths and the rocky

ways. And, perhaps who lingers now and

then
To help some failure to rise again,
Ah, he is the man who wins.

WITH the coming of the frost and the "Moon of the Falling Quear" comes also the hunting season for caribou, moose and deer. For the past ten months, thousands of sportsmen have been longing for the return of the season. And today the season in Quebec, Ontario, New Brunswick, Nova Scotia, Alberta and British Columbia is in full swing. Once more the naked woods are echoing with the crack of the hunter's rifle and the red blood of Canada and the United States is pitting itself against the monarchs of our native wilds.

Total boundary, especially near Metagama, Biscotasing, Chapleau, Missanabie, Franz, Jack Fish, Schreiber, Rossport, Nipigon, Savanne, Ignace, Dinorwic, Wabigoon, and Kenora, and, in Quebec, in the St. Maurice, Lake Edward, Lake Megantic, Manistricts.

Caribou, in Quebec, may now be found only in the remote northern sections, and, in Ontario, on the islands of Lake Superior and round Rossport, Schreiber and Nipigon, on the mainland.

From all these districts come string itself against the monarchs of our native wilds.

A good bag from Northern Ontario 2. The head of the bull which answered the guide's call 3.

Exceptional Kills in Quebec and Ontario

Paget (for the Trout Lake Country), Lake Penage, Massey, Blind River, Thessalon, Desbarats, Mattawa, North Bay, Sturgeon Falls and Car-tier are well favored. Moose are plentiful in Ontario in the country along the main line of the Canadian Pacific from Sudbury to the Mani-toba boundary, especially near Meta-gama, Biscotasing, Chapleau, Mis-

denoter's rifle and the red blood of Canada and the United States is pitting itself against the monarchs of our native wilds.

In Quebec, good chances for deer are reported from Lake Megantic, the Laurentians, the Gatineau Valley, along the Waltham branch line of the Canadian Pacific, Timiskam-log, along the Waltham branch line of the Canadian Pacific, Timiskam-log, while, in Ontario, Parry Sound, While, in Ontario, Parry Sound, Byng Inlet, Pakesley, French River, at Ste. Jovite, to Big Devil's Lake, and off your rifle?

Kaming from Timiskaming Station, at the mouth of Kipawa River, word comes of how Mr. J. A. Cavanagh, thrill the pulses of every hunter. Take the good fortune of Dr. C. H. McCreary, of Montreal, and Mr. and half of leaving camp, and was back within two hours and a half. Next morning, while the stee Jovite district of the Ste. Jovite, to Big Devil's Lake, hand off your rifle?