



Nothing Else is Aspirin—say "Bayer"

To Save the

Warning! Unless you see name, All druggists sell Bayer Tablets of

Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions

Russia's government may have sinred; but her little children have not. Russia's people, a vast horde, but dimly conscious, if at all, of social responsibility other than that which each man felt for his own im-

which each man felt for his own in-fliediste family, may have brought added trouble and disorganization to a war-shattered world. Her little children had nothing to do with it, and yet it is the little children of Russia that are faced with the

Russia that are faced with the hideous, over-powering brunt of it all. They are not facing it; it is too great for them. In millions they are tottering to the ground to end their short lives of unrelieved horror in one last agonized spasm.

In the famine-stricken provinces of Russia there are, or were, 33,000,000 people. Millions already have died of starvation; Nansen says ten millions more must die. That includes men and women, patient, humble peasants who have had no thand, no thought, in the making of the unspeakable conditions that have swept over their once happy land. These know they must die, are almost content to die, finding in death the end of suffering and the cessation of horror.

"Bayer" on tablets, you are not getting Aspiran in handy tin boxes of 12 tab lets, and in bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. worked out by physicians during 21 While it is well known that Aspiran years and proved safe by millions for means Bayer Manufacture, to assist Colds, Headaches, Earache, Tooth- the public against imitations, the Tab ache Neuralgia, Rheumatism, Neuri- lets of Bayer Company will be stamptis, Lumbago, and Pain. Made in ed with their general trade mark, the

## HONOR ROLL OF ST. MARY'S ACADEMY

Report of St. Mary's Academy School Standing for Month of February

Senior Dept.

Gertrude Kilfoil, Elizabeth Munroe Helen Black, Florence Kilfoil, Regina Brennan, Patricia Harquail, Margaret Connors, Rosarine Landry, Alice Esson, Anne Marie Landry, Aloro Salterio, Nellie McKay, Margaret Hartery, Georgina Dolan, Bella Dunn, Lauretta A'Hern, Florence Gollien.

Pupils of this dept. who made 75 per cent in examinations during

Elizabeth Munroe 98; Gertrude Kilfoil 98: Helen Black 90.5: Regina Brennan 86.7; Florence Kilfon 82.7; Potricia Harquail 80..8

Resarine Landry 91.9; Margaret Connors 90.6; Alice Esson 89.8; Anne Marte Landry 87.9; Nellie Mc-Kay 82.4: Alora Salterio 77.7: Margaret Hartery 93.7; Georgina Dolan 86..3; Bella Dunn 83.8; Lauretta A'Hern 82.1: Laura Black 75.3: Pupils making 75% in French are: Anne Morie Landry, Rosarine Landry, Elizabeth Munroe, Helen Black, Adora Salterio.

Margaret Hartery, Lauretta A'Hern Nellie McKay, Bella Dunn, Georgina Dolan, Florence McEvoy

Sub-Senior Dept. Mary Flether, Aline LeBlanc, Corinne Harquail, Gladys Donaven, Helen Donavon, Alma Paulin, Hilary McConnell, Frances Burns, Dorothy Ryan, Eileen Dutcher, Kathleen Richard, Olive Robichaud, Elizabeth Bayle, Frances Ryan. Margaret Dav. Janette Butler, Eleanora Dunn, Helen idson, Grace Esson, Antomette Robi Kingston, Delphine Murphy, Gene-

Children

**VITAMINES** 

MADE IN CANADA The importance of Vitamines in food is Vitamines in food is being recognized at

the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health." E. W. GILLE COMPANY LIMITED

chaud, Alice McEvoy, Mary Aylward Pupils of this dept. making 75% in examinations during month are: Corinne Harquail 96; Sus'e Kingston 84.1: Alma Paulin 83; Gladys Donavon 78.8; Mory Fletcher 75... Olive Robichaud 81.3; Kathleen Richard 9.3; Elizabeth Bayle 75.2;

Intermediate Dept.. Anna Thibideau, Kathleen Morrissy, vieve Fitzgerald, Helen McWilliam. Marie Doran, Virginia Hayes, Anna O'Brien, Annie Chiasson, Hilda Chias

Edith McWilliam, Martina Witzell,

Junior Dept.

Eileen Morrissy, Dorothy Dalton, Fay Kingston, Margaret McCafferty, Bessie Witzell, Mary McMahon, Bernetta Hachey, Veronica Daly, Frances Howard, Margaret Black, Mary Matatall, Rose Black, Yvonne Brown, Lauretta Hogan, Mary Robins Margaret Vinneau, Blanche Murphy.

Primary Dept. Gladys O'Neil, Mona Daiton, Josep hine Paulin, Elizabeth Dunn Isabel Connolly, Josephine Murphy, Sadie Gohan, Moira Desmond, Fva Dunn, Elizabeth Fitzgerald, Nan Car er, Ida Collette, Barbara Curry, Patric Whalen, Annie McMahon, Anna Bab neau, Agnes Coakley, Mamie Coakley, Stella Witzell, Nellie Madderson, Edith Black, Bertha Craig, Evelyn

Olive Robichaud, Alma Paulin, Mary Fletcter, Alme LeBlanc, Kathleen Richards, Margaret Davidon, Gertrude Kilfoil, Patricia Harquail, Corinne Harquail, Florence Kilfoil, Ella Nowlan, Elizabeth Munroe Resarine Landry, Gladys Donavon, Antoinette Robichaud, Stella Melanson, Adora Salterio, Margaret Connors, Marie Salterio, Mary Aylward, Helen Kingston, Edith McWilliam, Theresa Ronan, Catherine Aylward, Mona Landry, Anna Aylward, Helen McWflliam, Genevieve Fitzgerald, Anna O'Brien, Marie Doran, Delephine Murphy, Eileen Morrissy, Dorothy Dalton, Fay Kingston, Mary McMahon, Frances Howard, Mary Matatall, Josephine Paulin, Bettie Wedden, Mary Ronan, Patricia Whalen, Isabelle Connolly.

### Railway News in Brief

Vancouver, B.C. — The Canadian Pacific Railvay Company has called for tenders for the construction of a new bridge across the Coquitlam River to replace the oid one washed away during the heavy floods of November. The new structure, which will be built of steel, is to be about 300 feet long with concrete piers. The concrete abutments will be placed further apart than in the former structure to make more allowance for another possible swelling of the river. The new Coquitlam bridge, when completed, will be one of the most substantial examples of bridge construction on the Canadian Facilie Railway.

Muntreal.—Mr. G. D. Brophy is ap-

Montreal.—Mr. G. D. Brophy is appointed District Passenger Agent of the Canadian Pacifi: Railway, at Regina, Saskatchewan, succeding Mr. J. A. McDonald, transferred, according to an official circular. Mr. Brophy entered the service of the Canadian Pacific on October 19th, 1910, as clerk in the Passenger Department, New York. Promotions following were: Sept., 1914, clerk Passenger Dept., Montreal; May, 1915, Passenger Agent on liner Mctagama"; April, 1916, travelling bassenger agent, Cleveland; June, 1917, travelling passenger agent, New York; July, 1918, returned to Cleveland as travelling passenger agent, Montreal; June, 1919, travelling passenger agent, Montreal; June, 1919, travelling passenger agent, Banifi October, 1919, travelling bassenger agent, Boston; April, 1920, district passenger agent, Baston; April, 1920, district passenger agent, Banff. Montreal .- Mr. G. D. Brophy is ap-

Vancouver. — The fifteen-storey bulk of the Hotel Vancouver is familiar to all visitors to Vancouver. But of all the people who pass it each day and the many who have staved in the hostelr, it is probable that not one in toonsands realizes just what a tremendous enterprise the hotel is.

hotel is.

To run the hotel—which has anproximately 600 nooms—requires a
year-round staff of about 400 employees. The comparatively small
matter of keeping paint work and
kalsomining in spotless condition
and cleaning the ornate plaster work
around the rotunda requires the continuous services of five painters and
ten helpers.

tinuous services of five painters and ten helpers.

These men are hard but to it to keep ahead of the dirt which is brought into the hotel on the smokeladen air. While they are keeping the walls and ceilings bright no less than seven rotunda cleaners are at work each day keening floors and windows immaculate and seeing that worn-out electric light bulbs — no mean task in itself — are instantly ean task in itself -- are instantly

renewed.

But it is in the downstairs regions of the hatel, far from the gaze of travellers, that the majority of the large number of employees pass their days. In the engine-room where light-and power for the hotel are made there are five engineers: are made there are five engineers; a chief, three third-lass and one fourth-class. There are four stokers, four ashmen, two shovelers and two

truckmen.

Then there are basement cleaners, store-room men, four kitchen cleaners, two printers—for menus—a yardman, an iceman, five food checkers and three men on food control. ers and three men on food control.

It is the duty of the last named to see that every ounce of food which leaves the storerooms is tabulated, so that at the end of each day the profits on dining-room operation can be instantly checked.

The kitchen is the largest unit of

The kitchen is the largest unit of the hotel. Here there are a chef with forty-eight assistant cooks to serve the dining-room and grill. For the lunch counter there are three separate cooks. Two of the cooks do nothing but broi ing, three do nothing but frying, three cook vegetables exclusively and there are six pastry cooks. In addition, there are cooks for-boiling eggs, some who make tea, others for coffee, one man who spends his life making toast and another whose sole duty is to clean and open cysters.

who spends his life making toast and another whose sole duty is to clean and open oysters.

The quantity of food necessary to feed the guests in one day would appal the average housewife. No less than ninety dozen eggs are used daily. Between 3,000 and 5,000 lunch and dinner rolls are baked each day. To butter these, and for cooking, 190 pounds of creamery butter are used each day. Carrots are consumed at the rate of 100 pounds a day and between 800 and 1000 pounds of potatoes are used each twenty-four hours. Other vegetables are used in quantities of from fifty to 500 pounds according to how many guests there are in the house.

It takes from eighteen to twenty gallons of cream, fifty gallons of milk and from 175 to 200 pounds of poultry each day to satisfy the demands of the guests. Winter and summer the ice plant of the hotel turns out ten tons of ice each day.

Even buying at lowest wholesale prices, food alone costs the hotel from \$1500 to \$2000 daily.

RAZ-MAH NO Smeking—No Spraying—No Souff Just Swallow a Capsule RAZ-MAH Is Guaranteed

to restore normal breathing, stop mucus gatherings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist's. Trial free at our agencies or write Templetons, 142 King W., Toronto.

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# LORD LISTER & 7am-Buk

Lord Lister's discovery of antiseptic surgery has saved 'the world a lot of lives, but it has been left to Zam-Buk to bring into millions of homes the full

into millions of homes the full benefits of antiseptic healing.

Zam-Buk is the greatest antiseptic healer the world has ever known. Being of a natural vegetable origin Zam-Buk has distinct and positive advantages over old-style mineral ointments.

Zam-Buk is a compact and highly refined herbal balm with an antiseptic power many times greater than that refined herbal balm with an antiseptic power many times greater than that of any ordinary salve or ointment. Zam-Buk kills and excludes disease germs, and instantly allays pain and irritation. It first cleanses a sore place and then grows over it new healthy skin. As a first-aid dressing for injuries, and for rootifig-out such troubles as eczema, ulcers, ringworm, abscesses, poisoned wounds and piles, Zam-Buk is used the world over. It has the high endorsement of Dr. Andrew Wilson and other well-known doctors, surgeons and nurses. 50c. box, 3 for \$1.25, all dealers.





#### Toach Your Children the Value of Money

Open Savings Accounts for each one your children. Insist upon regular deposits from pocket money. Thrift will gradually become a strong trait in each child's character.

There is a branch of this Bank near you and a Savings Department at every Branch.

## The Royal Bank of Canada

C. E. JUBIEN Manager



Extract from a letter of a Can

To MRS. R. D. BAMBRICK : The Rectory, Yarmouth, N.S.

Dear Mother :-I am keeping well, have good food and well protected from the weather, but have some difficulty

keeping uninvited guests from Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,

Minard's Liniment Co. Ltd. Yarmouth, N.S.



This little chap, left alone in

the world, crawled into a

deserted cottage to die.

A group of Russia's starving children such as are being saved from death by Canadian contributions.



thinks well of King Cole Tea and confidently recommends it. He has

intimate knowledge of its persistently increasing sale, and his experience tells him that back of this must be genuine merit in the tea itself.

"You'll like the flavor"