



"Scones—Gee! They're nice, too"

Mother knows that growing children need the extra nutrition of the hard western wheat—even the kiddies can detect the taste that is unmistakably different.

ROBIN HOOD FLOUR

Is stronger, more uniform in granulation and absolutely free from flour-dust which means a better and a larger baking every time.

From Now On insist on Robin Hood "before-the-war" quality family patent flour—and, for the sake of quality and economy always see that you get it.

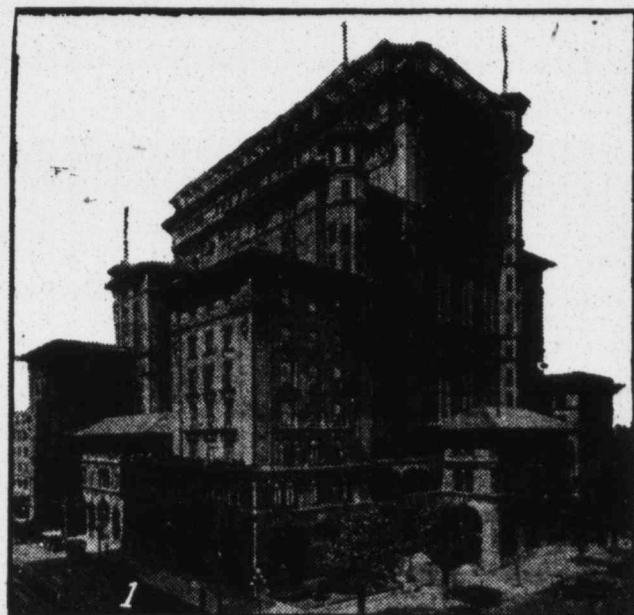


Our "MONEY BACK" Guarantee.—Robin Hood Flour is guaranteed to give you better satisfaction than any other flour milled in Canada. Your dealer is authorized to refund the full purchase price with a 10% penalty added, if, after two bakings, you are not thoroughly satisfied with the flour, and will return the unused portion to him.

Robin Hood Flour

"Well worth the slight extra cost"

A WINTER DAY IN VANCOUVER



(1) Hotel Vancouver, Vancouver, B.C.
(2) The Siwash Rock, near Vancouver.
(3) Capilano Canyons.

The balmy air and glorious beauty of a winter day in Vancouver invites to this Paradise of the Pacific where the grass grows green as a June pasture and on the evergreen coast a narrow strip of grey and brown divides the evergreen land from the evergreen sea. Golden, blue, purple and green is the vista of sky, sea, mountain and forest while English Bay stretches, blue, laughing and limpid. The sandy beaches of Kitsilano and Point Grey receive the languid surf as it rolls up the gentle slopes of the shore. The canyons are slashed with purple and all at times are shrouded in great veils of cloud and mist. There is ever the mystery, the massiveness and the infinite variety of tone and color, with always a touch of spring promise in the air, in the almost bursting rose-buds, when the birds break into song, in the tree branches, filled with swelling leaf-buds. All give the impression of having been drenched with the sweetest and fragrance of nature in her most riotous spring mood. Well kept roads and endless paths intersect the



sylvan woods about the city and, at every turn, the sea comes into view and over it the watery pathway to Victoria and Vancouver Island. On every side the city is bounded by a variety of natural beauties which can be enjoyed by one-day boat trips, such as a run up Burrard Inlet to Port Moody, chosen in the early days of railway construction, to be the western terminal. The rustic little settlement of abacks had visions of greatness and wealth until the later choice of Vancouver for the meeting of "rail and sail." The North Arm is a fjord that gives the visiting Norwegian a longing for home, blue mist-topped mountains coming down to green, blue and black waters, with "Wigwam Inn" and its sylvan setting at the end. The industrial and commercial advantages of the Pacific coast climate, are an important element in the building of a great manufacturing province. Navigation by water is never closed by ice, roads are seldom blocked by snow, water-powers are never frozen or dried up, street railways can run their cars without an elaborate heating system.—O. G.

Smoking During Business Hours

An experience of a big English firm in allowing its employees to smoke for stated periods during the day should give some of the well known efficiency experts on this side of the water something to think about. Smoking is generally strictly prohibited in factories, especially those in which the nature of the work calls for steady labor, in the belief that time is saved.

A firm in Preston, England, which has been experimenting in allowing employees to smoke while at work found the results so noticeable in making for increased output that the scheme has developed, and the workers are now allowed to smoke for an hour and a half morning and afternoon. This concession has resulted in a bigger factory production and greater contentment among the workers. Other factories are adopting similar rules.

BEAT THE BOSS TO IT

Labor has come into its own since the world war ended. You can't abuse or maltreat labor any more. A chap got a job at a coal mine. His job was to run cars down a steep hill. There was only a sleeper at the bottom to stop the cars, so he was cautioned again and again to run them very carefully, keeping the brake well on.

Things went all right for two or three days and then the new hand got reckless. He let four cars run down the hill full speed. They jumped over the sleeper, of course, and fell into a creek fifty feet below.

The boss saw the tragedy from his office window and he came tearing out in a fearful rage.

But the new hand forestalled him. "Don't ye come round here cussin' and swearin' at me," he said. "Ah's done quit."

Newcastle Team Defeats Dalhousie

The Newcastle Hockey team defeated the Dalhousie Hockey team by a score of 12-6, on Tuesday night, in one of the roughest games ever witnessed in the local rink. Hockey of this description will very soon have a tendency to disgust the public, and thus dampen the present enthusiasm which prevails. The line up was as follows:

Newcastle	Dalhousie
Gdal	Bernard
Treadwell	Deacon
Whalen	Cover Point
Fallon	Centre
Craik	Eslinger
McCullam	Right Wing
Matheson	Left Wing
Jeffrey	Spares
Locke	LeGouffe
Fallon	Blanchard
McMichael	
Melrose	
Referee, Leo Mitchell	

TO BE TAKEN TO NEWCASTLE

The young man arrested here on a charge of embezzlement from Fraser Companies, Limited, will be taken to Newcastle to meet the charge, the warrant being sworn out at that place.—Mail.

BARELY POSSIBLE

"Why don't you take up golf, if you need exercise?"

"I prefer gardening. The implements are cheaper than those used in golf and there's always the sporting chance that you may raise something fit to eat."

Lindsay had the little hen fast and was trying to bring her head close to the ground.

"What might you be trying to do?" exclaimed her father, coming upon the small girl in the yard.

"I'm trying to make this hen say her prayers."

"Well," said the parent, sadly, "I hope she'll say, 'Now I lay me.'"

Rich, Red Blood Means Health

Pale Cheeks and Bloodless Lips are a danger Signal.

To be pale is no longer the fashion; to be languid is an affliction. Today the most winsome girl is the one with the pink tinge of health in her cheeks, lips naturally red, and eyes sparkling with life. Add to this a quick active step and every one can tell the girl whose veins are full of the pure, rich blood of health. How different she appears from her ailing sisters, whose aching limbs and weak backs make them pale and dejected. Anaemia is the cause of so much suffering among girls and women that it cannot be too widely known that Dr. Williams' Pink Pills have transformed thousands of delicate anaemic invalids to happy, healthy women. These pills help to put rich red blood into the veins, and this blood reaches every part of the body, giving strength, rosy cheeks and brightness in place of weakness, prostrating headaches and a wretched state of half health. Miss Edna E. Weaver, R. R. No. 1, Chippewa, Ont., says: "I was very much run down, weak, nervous and troubled with pains in the side. I tried different medicines but with out any benefit until I began the use of Dr. Williams' Pink Pills. Under the use of this medicine I gained strength, had better appetite, slept better and the pain in my side disappeared. My health has since remained excellent and I advise any one troubled with anaemia, or weakness, to give Dr. Williams' Pink Pills a fair trial."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia and nervousness. Build up your blood and note how the purer and richer blood fights your battles against disease. Take Dr. Williams' Pink Pills as a tonic if you are not in the best physical condition and cultivate a resistance that with the observance of ordinary rules of health will keep you well and strong. Get a box from the nearest drug store and begin the treatment now, or send to The Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you postpaid at 50 cents a box or six boxes for \$2.50.

WRIGLEY'S

"After Every Meal"

Get thrice-daily benefit from this low-cost aid to appetite and digestion

It keeps teeth white
breath sweet
and throat
clear

Makes your
smokes
taste
better

And
Only
5c



The Flavor Lasts