SCOTT'S

is taken by people in tropical countries all the year round. It stops wasting and keeps up the strength and vitality in summer as well

ALL DRUGGISTS

THE ROW. Society's Parade Ground. (The 'Westminster G zatte')

There is no cheaper show in London than Vanity Fair. Admission is free, and your seat costs you a penny. Some seats may be had for nothing, but a penny acquires tone. These seats are painted green and always look fresh. Many of them have arms to them, which make them the most inviting chairs in the world. The penny ones are isolated and exclusive, accommodating each one person. The free seats are communal and upon them half a dozen people may sit in crushed familiarity. It is worth while to pay a penny. A penny is not much of a price for a seat in the Row-Society's parade ground.

The Row changes vastly with the months-apart from the transformation which the seasons bring-and the early part of May has its own partirular charm. June is such an obvious period for a visit. The dazzle of fashion just now is not too dazzling. One can look on without shaded spectacles. And then, on the other hand, it has not the dark, unearthly emptiness of the dog days. For when Society covers its furniture, shuts on Mayfair and goes away, the Row takes on the aspect of the sleep of death. A poor foreign tripper would look round him aghast, just as a poor English tripper would do at Scheveningen, say, if he went 'there' out-ofseason. And they call this a gay place!' he would murmur, depressed and disillusioned.

Take an early morning in May when a breeze from the south west plays with the leafage, when the sky is a live coquettish thing and the sun a creature of moods. Then pay your penny (please assume for the moment that you are not regular patrons though of course you are) and sit not upon the correct and puffed-up northside (as you usually do) but in the south, where humble folk may take their ease. Choose a chair somewhere opposite the spot where the nude arch | delightful as the Spring. It is poser stands above her cool fountain in the smooth turf. From behind you comes the gentle humming traffic in Knightsbridge and the Hyde Park carriage way. Immediately at the back of you a man is planting solidlooking rhododendrons. To right and left sweeps the brown ridingtrack with its long line of gracious elms and mottled planes nearly in the middle, beginning close to the frown. ing face of the Duke's house and disappearing into the foliage near Albert Gate. The sun comes out and branches cast speckled shadows on the grey sanded pathway. Achille's sta-

HOW MEN ENDURE

The Oat-Fed Man Can Outwork All the Rest

A concern which employs 2,000 woodcutters made scientific tests of food. The resuit has been to prove oatmeal the great endurance food. Those workers now all start the day on a diet of oats alone.

No other grain supplies the energy of oats. You know the affect on horses. It is just the same on man. Any man can increase his endurance, his vim and vitality by eating more oats.

That is why oatmeal is so immensely important. In this food above all foods one should insist on the utmost. It is not a wise thing to serve common oatmeal.

The rich, plump grains used in Quaker Oats are selected by 62 siftings. Only ten pounds can be obtained from a bushel. But those choice grains have richness and flavor, and the maximum value as food. Quaker Oats is the cream of the oats

made delicious. Yet, despite its quality, the cost to you is but one-half cent per dish.

Made in Canada. (170)

room Staden.



tue is just out of sight round a corner and your view northward is compassed by newly-vestured trees and bordered with gaudy ranks of tulips, scarlet, pink and yellow. If you were sitting a little further west you would catch a glimpse of the houses in the Bayswater road with their white paint and studied pose of mid-Victorian opulent respectability.

This, with the twin lines of iron barrier shutting in the Row, is the setting of Society's parade ground. This is the foundation for the picture of well-groomed men, well-dressed women, beautiful horses and gallant riders, noblemen and loafers, which gives a whirl of animated life to the Row and makes it famous.

Nowhere in London may be seen more exquisite women or less prepossessing women. There are unspoiled young women and decidedly spoiled elderly women. There are bronzed athletic handsome young men whose socks are silken, and elderly men who have sold their youth. And there are young old men and young old women, sible, sitting thus, to become poignantly envious of this well-dressed and spacious freedom and easy manners and conscious superiority, as it makes its unhurried promenade up and down the northern side or pays its pennies and sits down awhile. Clerks ride into the park, stand their cycles against the kerbstone of the carriage road, and fritter away lunch. time gazing across the Row and at the riders. Disreputable looking vagrants cannot tear themselves from the prospect. As for the suburban mothers and daughters, their envy is reserved for the carriage processions, between Hyde Park Corner and Marble Arch; later in the day.

And ever between you and the promenade is the soft brown R w along which flash past you the riders. They are more attractive even than the promenade. For one thing they will bear a close scrutiny, while some of those folk across the way are apt to prove a disappointment when distance's enchantment is annihilated. But there are a freshness and a vigor about these riders which almost sing aloud. Children canter along with curly hair outflung. A little boy trots proudly by on a shaggy Shetlnda

Carrier Joseph Marrist

pony. A small girl, riding astrid;, is dressed like a miniature highwayman and sits her pony better than Dick Turpin. Title moves its stately course twenty paces in front of Title's solemn-visaged groom. And the men sit their horses like centaurs, occasionally heightening the illusion by dressing in harmony with the hue of the beasts they are riding. Also, under the trees, ambling soberly along: staid and sedate, are gnarled and withered old gentlemen, renew ing the youth they have hoarded so carefully. These ancients have not trafficked their manhood, and they will use it to the very dregs of senil-

It is all a wonderful pennyworth. Why, the horses alone are worth it!

But towards one o'clock the crowd melts away. There is no unseemly rush. Only, if you stay long enough you will be startled to find that you are almost alone. The place has become blank and lifeless. It seems to have loet its soul.

A shabby man with a stubble to his chin approaches one of the communal seats opposite; puts his legs up, tilts his unspeakable bowler over throng, with its unchallenged leisure his face, and sinks to sleep. Then you see a prowling creature, the mereft tatters and waste matter of a man, shuffling along with dilapidated boots, his eyes fixed upon the ground. He stoops and picks something up. He is hunting for cigarette ends!

ROYAL VISITORS LEAVE ENG LAND

London, June 28-The heirs to most of the thrones of Europe, the other Princes and Princesses and special ambassadors who have been royal guests during the Coronation period have said farewell to King George and Queen Mary and the greater num ber have already left Lohdon.

Throughout today special trains bound for the coast followed one a ter another. The Duke of Connaught attended each departure on behalf of His Majesty, while the regular em bassies were present to say goodbye to the envoys of their respective nat

The great coronation fleet at Spithead also dispersed, the toreign warships saluting the flags of Great Brit ain and the commander in chief as they passed out.

To day the King and Queen visit ed the Agricultural Show at the Crown Point Estate in Norwich. To morrow the populace of the metropo lis and tens of thousands of visitors will thrn ont in force to witness the royal procession attending the recep tion of the King and Queen by the Lord Mayor at the Guild hall which will follow the attendance of their Majesties earlier in the day on the special thanksgiving service at St Pauls Cathedral

DISTRESSING HEADACHES.

Headaches are largely the result of dis ordered kidneys

Mrs Hall, 84 Flora Street, St Flora St, St Thomas, Ont, says I suffered for years with beadaches of a most distress ing nature They would come on me sud denly, and would last for days at a time These were usually accompanied by spells of dizzineas that would leave me unable to attend to any

house duties My back was weak and caused me much suffering through the night I had doctored for years but all to no avail Nothing benefited

was the second of the me and my condition was gradually be coming worse I learned of Booths Kidney Pills One box gave me a complete and lasting cure I have not had a head ache or dizzy spell since and I feel like

A Charles

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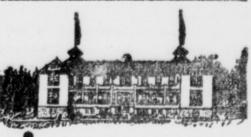
A THE THE PROPERTY AND A SECOND

a new person Booths Kidney Pills are sold by all druggists, 50c box, under a guarantee to refund your money if they fail to relieve any disease having its origin in the kid neys or bladder Postpaid from The R T Booth Co, Ltd, Fort Erie, Ont Sold and guaranteed by E W Mair

The Turkish Government, acting on the expert advice of Sir William Willcocks, an English civil engineer is said to have in view the irrigation and exploration of the Garden of Eden. The first part of Mesopotamia to be irrigated will be six hundred thousand acres at a cost of over seven million dollars. When this local scheme is finished the value of the land will be fifty millions, and when the project is carried out to its ful extent the resulting value will be nearly two hundred millions .- Toronto Glohe

Would You Provide for the Care of Ganada's Needy Consumptives?

THEN SEND YOUR CONTRIBUTIONS TO THE MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES



USKOKA PREE HOSPITAL FOR CONSUMPT MAIN BUILDING FOR PATTENTS.

A national institution that accepts patients from all parts of Canada. Here is one of hundreds of letters being received daily

John D. McNaughton, New Liskeard, Ont. : A young man not belonging here, and suffering from, it is believed, consumption, is being kept by one of the hotels here. He has no means and has been refused admission to our hospital. The conditions where he is offer him no chance. Could he be admitted to your Free Hospital for Consumptives? If not, could you inform me where he can be sent, and what steps are necessary to secure prompt admittance?

HOY A SINGLE PATIENT MAS EVER BEER REFUSED ADMISSION TO THE MUSKOKA FREE HOSPITAL BEDAUGE OF HIS ON HER INABHITY TO PAY. Since the hospital was opened in

April, 1902, one thousand five hundred and twenty-four patients have been treated in this one institution, representing people from every province in the Dominion. For the week ending November 20th, 1909, one hundred and twentyfive patients were in residence. Ninety-six of these are not paying a copper for their maintenance—absolutely free. The other twenty-nine paid from \$2.00 to \$4.90 a week. No

one pays more than \$4.90.
Suitable cases are admitted promptly on completion of application papers.

A GRATEFUL PATIENT

Norah P. Canham : Enclosed you will find receipt for my ticket from Gravenhurst, hoping that you will be able to oblige me with the fare. I was at your Sanatorium ten months, and I was sent away from there as an apparent cure. I am now working in the city, and I am feeling fine. I was most thankful for the care I got from the doctors and staff, and I must say that I spent the time of my life while !



The Muskoka Free Hospital for Consumptives is dependent on the good-will and gifts of the Canadian public. Money is urgently needed at the present time to make it possible to care for the large and increasing number of patients that are entering the institution.

Will you help? Where greater urgency ?

Truly, Canada's greatest charity.

Contributions may be sent to W. J. Gage, Esq., 84 Spadina Ave., or J. S. Robertson, Sec'y-Treas. National Sanitarium Association, M7 King St. W., Toronto, Canada.

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