

If your grocer were greedy for profits he would not be content to sell and recommend Red Rose Tea at a less profit than he makes on other teas.

But it is a fact that he does make less on Red Rose than on other teas, and he recommends it because he knows its quality is the best.

THE WOMEN OF ENGLAND STUDY COOKING

(By Ysobel Barre, staff correspondent for Cross-Atlantic Newspaper Service.)

London, Feb. 15.—Englishwomen have never had the reputation as good cooks, which has distinguished their French and American sisters. But that is now to be changed for women in every class of life are showing an increased tendency to study

domestic economy and all subjects that will help the housekeeper and homemaker to approach the weekly budget with a trained outlook.

Cookery classes and professional cookery teachers are especially feeling the result of this new thirst for domestic information shown by women. "Whenever I give a demonstration I am besieged by women who want me to give them private lessons in making really nice new dishes," a professional cook said the other day.

A new cookery school to be opened in London has had many applications from pupils who are anxious to have private lessons. The West London Cookery School, as it will be called, is established in Newman Street W., and

it will deal chiefly with the principle of cooking on a stove that burns an thracite coal—a process which, it is maintained, is much more economical than ordinary coal, in addition to the labor saving advantages entailed in its use.

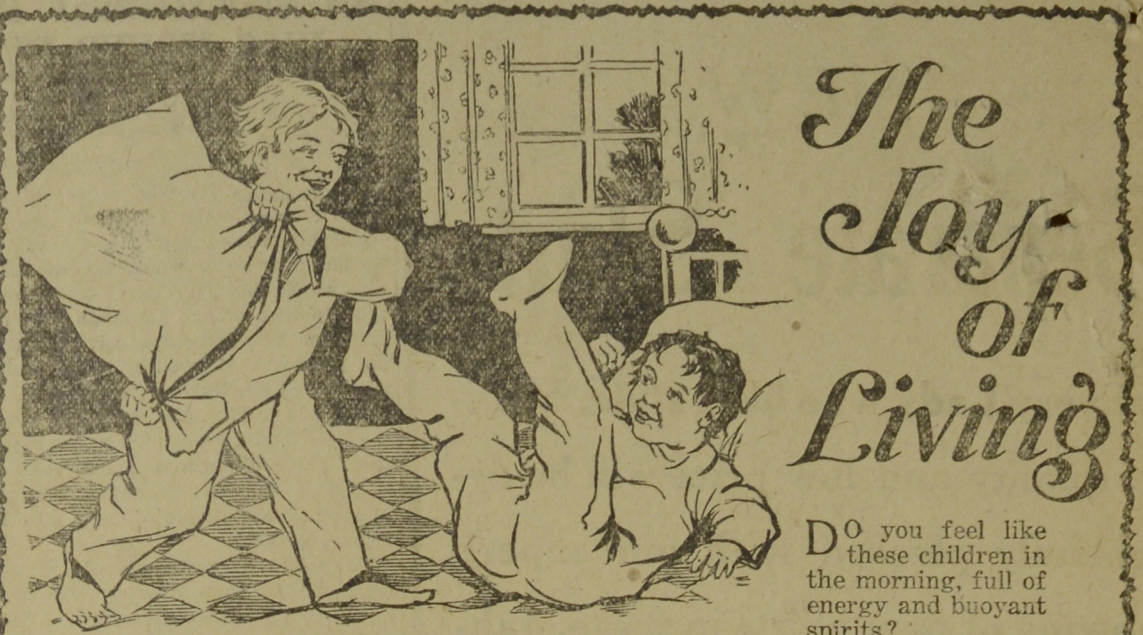
The first course of lessons arranged by the principals includes lectures on French frying and Anglo-Indian cooking. Every pupil—not more than three may take private lessons at a time—provides herself with her own equipment in the way of apron, notebook, and similar requisites, but the ingredients used will be bought for her on condition that she purchases the cooked article. The head cookery teacher, Mrs. Goddard, has won fame as the prize winner for an omelet in a competition, chefs from the big London hotels being among the competitors, that took place before Queen Mary.

There are some men so disagreeable they even can't get along amicably with their fountain pens.

Next thing to owning an automobile is being able to tell one kind from another.

How Teddy Lost the Bear

They say a corn interfered with his speed. Always apply Putnam's Corn Extractor. For fifty years it has been curing corns and warts. "Putnam's" never fails. Use no other, 25c. at all dealers.



Do you feel like these children in the morning, full of energy and buoyant spirits?

Do you get up refreshed by your night's sleep ready for anything the day may bring forth?

You should and you may if the simple rules of health are observed.

It is possible that by some excess in eating, or over-exertion, your heart has not been working with its accustomed regularity, and you are not getting undisturbed and refreshing slumber.

Your sleep may be broken with terrible dreams, smothering spells, sinking sensations, and even fear of impending death.

Milburn's Heart and Nerve Pills have brought relief to hundreds of such cases.

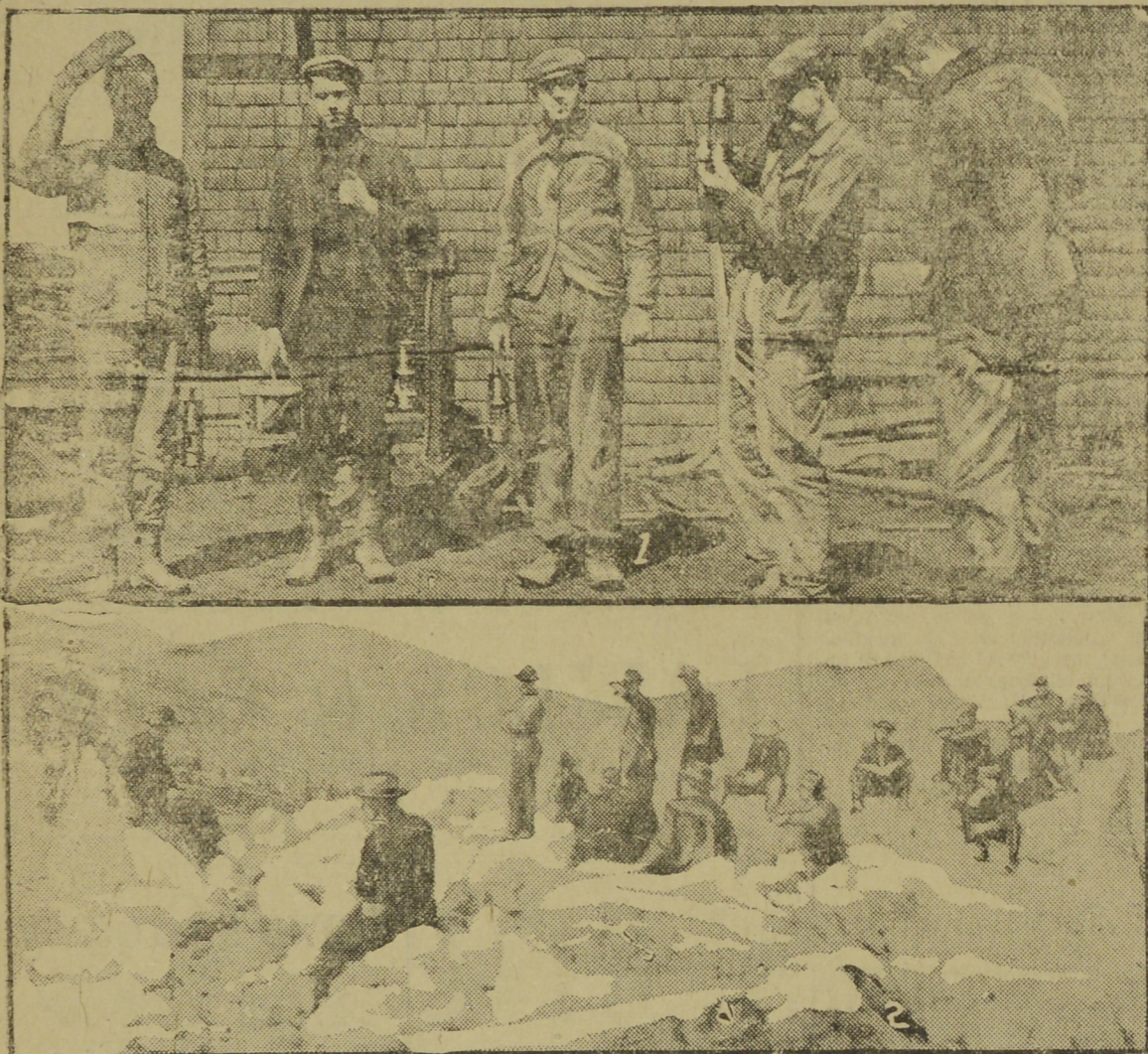
Milburn's Heart and Nerve Pills enrich the blood, strengthen the heart and tone up the nerves, making the whole organization work in harmony, and bringing back in a few days that blessed condition where you sleep as peaceful as a child and hail with joy the return of another day.

Mr. Harold Acker, Springfield, N.S., writes:—"I was bothered all the time with nervous headache and dizziness. I could not stoop down at times, as everything would get black before my eyes. I could not sleep at night, and my appetite was very poor. I was almost on a nervous breakdown. I used four boxes of Milburn's Heart and Nerve Pills and they helped me fine. I would recommend them highly to any person troubled with their heart or nerves."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by

The T. Milburn Company, Limited
Toronto, Ontario

The Practical Work of a Mining



(1) Mining students ready to go underground in a coal mine near Sydney, N.S.
(2) Students examining the great landslide at Turtle Mountain, Alberta.

Not very many years ago a great many people looked on an education at the University as unnecessary and perhaps even harmful for a young man proposing to enter business or manufacturing. The old professions of Law, Medicine and the Church were, of course, different, and demanded college training; but fitness for success in even the greatest industrial or engineering undertakings was commonly supposed to be best gained by apprenticeship in an office or works, and the boy who left school at fourteen to run errands and sweep out the office was often lauded as having outdistanced his rich neighbor who had "wasted" four or five years in learning a lot of theory, and with it acquired habits of luxury, and a sense of his own superiority to other men.

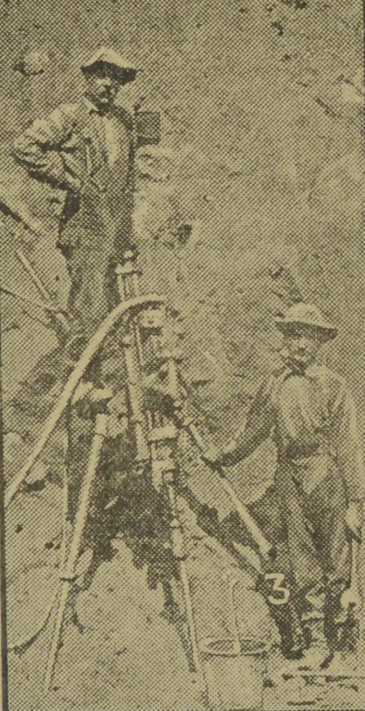
The above belief was due in part to ignorance of what college life really is, and in part to a failure to distinguish between the old and new methods of teaching. Fortunately, time has cleared away much of this misunderstanding and has proved to all observant people that nothing can equal a scientific education as a preparation for any branch of advanced industrial work, but it is doubtful if even now the public understands just what is done by our Universities in training young men for the Engineering Profession.

Perhaps no clearer illustration of the modern method can be found than in the teaching of Mining Engineering as given, for instance, at McGill. The students begin their course in October and spend seven months attending classes in Mathematics, Physics, and other fundamental subjects, and in carrying out elementary experiments in the laboratory. Then, after the spring examinations they go to a camp in the country, and do practical surveying for four weeks. This ends their obligatory work for the year, but they are urged to spend at least the main part of the vacation in Machine Shops or on Surveys or other engineering enterprises, and it is significant of the earnest spirit of the students that fully 80 per cent. do this and at the same time earn good

wages and thus acquire at least a fair part of the money needed to meet their next year college expenses.

The second year is similar to the first, except that the work both theoretical and practical is more advanced, and these first two years are the same for all Engineering students no matter what branch of the subject they propose to practice; but in the third year, they specialize, and the miners give a considerable part of their time to Mineralogy, Geology, etc. The practical work at the end of this year is still further specialized and is in the form of a travelling school. Sleeping cars are chartered for a month or more, a diner is engaged when necessary, and the party accompanied by a professor and a small group of competent instructors, is taken to some important mining district. About one-fifth of the time is given to practical field Geology—another fifth to visits to Ore Dressing and Metallurgical plants, and the remainder to actual visits to mines carefully selected in advance so that the widest possible experience can be gained. The students go underground, spend their time watching, and if possible working, with the regular miners, and each day after returning to their travelling home they compare experiences and write up notes, under direction of the staff. At one end of the school proper all of the men are given opportunities for employment for the remainder of the summer, in the mines visited, and thanks to the broad-mindedness of our Canadian Mine Managers (many of them old McGill graduates) the students thus get invaluable experience, and at the same time earn very substantial pay.

The value of this very practical summer school can only be fully appreciated when the men return to college for their fourth and final year, which is devoted to a study of the advanced technology of Mining. Matters which might otherwise be difficult to understand are quickly appreciated, the interdependence of theory and practice are made clear, and the students complete their course with a more mature and balanced understanding of their professional duties and responsibilities



(3) Students operating a Rock Drill at Phoenix, B.C.

than could possibly be attained by any amount either of study or of practical work taken alone. This Mining Field School was instituted at McGill over twenty years ago, and has since been carried on without interruption, except that it was curtailed during the war. The extent of ground covered may be gathered from the fact that British Columbia has been visited no less than ten times, Nova Scotia six, Newfoundland twice, Michigan and other United States mining districts three or four times, while Cobalt, Porcupine, Sudbury and other nearer mining fields, are almost always touched on the way to more distant parts. The illustrations which accompany this article have been chosen to show the lighter side of the excursions, and it is needless to add that no part of the course at McGill is more popular than the "Mining Trips."

DANCING NOT QUITE SO BAD AS KISSING

Poitiers, France, Feb. 14.—The people of Poitiers have come to the conclusion that modern dances are not so bad after all, after experience with the games of their grandfathers which correspond to our "post office." A few weeks ago Mgr. Durfort, Bishop of Poitiers, preached a sermon in which he forbade his parishioners to dance the tango, the one-step or the fox trot. When the parents of the young people in the parish asked him how their daughters might amuse themselves the Bishop suggested the game of "Colin-Maillard," which used to be popular among the young people of the Napoleonic era.

This game which consists of blindfolding a young man and allowing him to kiss the girl he catches, was such startling successful results that in a week all thoughts of dancing vanished from Poitiers. Whenever young men and women met they did nothing but play "Colin-Maillard."

The parents too fright and despite the Bishop's advice, they promptly abolished kissing and told their daughters to return to dancing.

NOVA SCOTIA VIEW OF THE VENO TANGLE

An outside view of Chatham's attitude on the Stan Veno matter is given by the Sydney Record the sporting editor of which pens the following:

"Only the other day I noticed a report that sportsmen on the North Shore of New Brunswick, and particularly in Chatham, were considering the formation of an independent athletic union and breaking away from the Canadian Amateur Athletic Union. The New Brunswick men are dissatisfied with the ruling of the C. A. A. U. in the case of Stanley Veno, the Chatham hockey player who caused a mess of trouble in hockey circles in the sister province this winter. While I am not adverse to the proposal that the Maritime Provinces should form an athletic association that would deal with Maritime sport problems, still I fail to see where the New Brunswick men have any kick coming regarding the ruling in the Veno case. The Chatham player was a tourist athlete pure and simple, and if amateur sport is to be conducted at all, let the recognized amateur rules be upheld. If there is one thing more than another that helped to kill amateur sport in days gone by, it was the 'tourist' who, while masquerading as an amateur, was journeying about

the country getting a piece of change from this team and that team."

The Chatham World takes the ground that the Chatham team was unreasonable in its demands at Campbellton that Frank Brown be referee although Staples was there to officiate on the league president's order. The Chatham Gazette on the other hand defends every action of the Chatham executive and devotes space on almost every page of its last issue to criticism of President J. D. Black.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Hitchon*

The graft organ failed to make delivery of the goods.

TRADE FERRY OF THE BALTIC

Special to Daily Mail. Copyright 1921 by Cross Atlantic News Service.

London, Feb. 15.—A ferry service between Sweden and Great Britain is to be discussed with representatives of British industry and the Government by a Swedish deputation which has just arrived in London.

The project has the fullest support of the Swedish government, which has voted a large sum of money conditional on similar support being given by the British Government. When the matter was last considered by the government, official participation in the scheme was not thought possible, but since then the project has been inquired into by a committee of experts.

The Strength of a Bank

ESTABLISHED in 1817 with modest capital, the Bank of Montreal for over a hundred years has followed a conservative, aggressive policy, until today it has assets in excess of FIVE HUNDRED MILLION DOLLARS

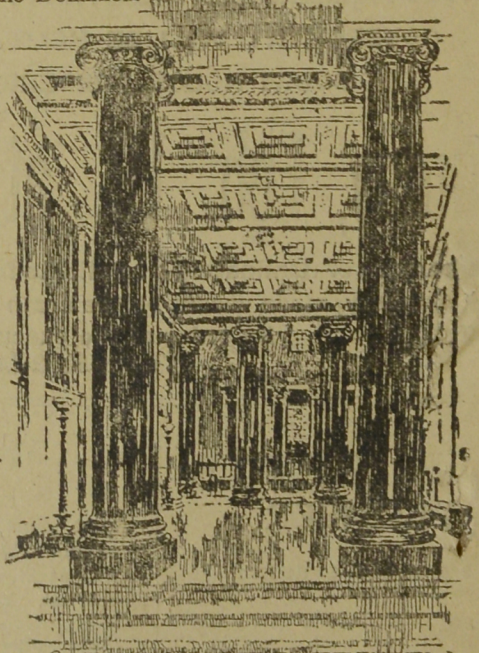
LIKE Canada herself, Bank of Montreal has grown stronger with the service it has rendered and the obstacles it has overcome.

TODAY the Bank is stronger than ever, prepared to render ever-increasing service to the people and the business concerns of the Dominion.

With Branches in every important centre of every Province and with direct banking connections throughout the world, we are fit for the task of helping Canadian business to grow to full stature.

A steadily increasing number of business men, enterprises, workers and householders, ambitious young people—thrifty Canadians of every sort, everywhere—are getting the benefit of the strength and intimate service of this financial institution.

Our nearest Branch Manager is the best point of contact with our organization.



BANK OF MONTREAL

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Direct wire service maintained between Montreal, Toronto, Winnipeg, Vancouver, New York, Chicago and San Francisco.
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