



"Cream the butter with the sugar"

— the Cook-Book says

"OH, come on, Mabel, I want to go shopping. It needn't take all afternoon to make a cake! Here, let me cream the butter and sugar. Watch how quick I can do it! If you'd ever used Lantic before you'd realize how quickly a fine sugar creams."

Lantic is a quick-acting sweetener, because it is fine. It distributes the pure cane sweetness speedily, thoroughly and economically. It saves time in the preparation of cakes, puddings and sauces, in the cooking of preserves, in the making of candy, in the sweetening of beverages, hot or cold. Not whiter are the snowy doilies and serviettes on the mahogany table than the tiny crystals of Lantic that gleam and glisten in the sugar bowl. Not finer is the silver with its hall-mark. Yet, in homes where every penny counts, Lantic goodness helps in the saving. It does go farther!

ATLANTIC SUGAR REFINERIES, LIMITED, MONTREAL

TRY THESE RECIPES

The Lantic Library, three new cook-books on Preserving, Cakes, Candies and Desserts, will be sent to you FREE for a Red Ball trade-mark, cut from a sack or from the top panel of a Lantic carton.

because it's
fine!

LOWER HAINESVILLE

Lower Hainesville, Oct. 11—Election being over things have once more settled down to the usual business.

The farmers are taking advantage of the fine days and are digging potatoes which are reported to be in bad shape in most places on account of the rot.

A few of the people from this vicinity attended the fair at Mouth Kewick. The weather being favorable, a large number enjoyed the days outing.

B. Brooks held service in the church here on Sunday last.

Mrs. Duncan McCorquindale, Mrs. Everett Downey and sons and Mrs. Allen Whitehead were the guests of Mrs. H. J. Jones on Friday.

A surprise party was given Mr. and Mrs. Manzer Lindsay on Friday evening last. A large number of people attended and a very enjoyable evening was spent. Mr. and Mrs. Lindsay pro-

ing themselves excellent entertainers. Mrs. Roy Johnson who was sick with jaundice is better.

Mrs. Boone Jones arrived home on Saturday from Victoria Hospital much improved in health.

Mrs. Dow W. Price is on the sick list.

A number of persons have been sick with colds or La Grippe but most of them are on the road to recovery.

Mr. and Mrs. Cecil Wiggins at the Mills are receiving congratulations on the arrival of a baby girl.

Mr. and Mrs. Tom Whitehead and their sons spent Sunday at S. Whitehead's and attended church.

The school is in charge of Mrs. Eddie Jones again this term, and is doing excellent work.

"Praying for what one wants is a great deal more popular than sweating," remarked the Man on the Car, "because it is easier to open the mouth than the pores."

Canada's Trade Within the Empire

will grow in proportion to the development of the Sea-Conscious Spirit

- In the people
- In the Government
- In the Schools

The map of the Dominion shows at a glance the extreme difficulty of spreading a Sea-Conscious Spirit.

To develop our Sea-Heritage, we must send chosen and trained emissaries—our most able business men—to make Preferential trade agreements with other nations in the Empire. And we must make good these trade agreements with Canadian Ships.

The Navy League of Canada.

SWITZERLAND HARBORING THOUSANDS OF OUTCASTS

Men Without a Country Have Become Legion in That Country
The War and the Peace Treaty and Revolutions Have Made Aliens of Many Persons—Some of Them Formerly Held High Positions in the World.

Special to Daily Mail. Copyright 1920 by Cross Atlantic News Service.

Geneva, Oct. 12—The man without a country has become legion in Switzerland where thousands of outcasts of the World War have been cut off from national affiliations.

In Switzerland with her central situation, it is easier than elsewhere to realise the number of those whom the events of the last few years, the war and the Peace Treaty, have made aliens. Dwellers in Great Britain, in the United States or in the British Dominions do not realize happily for them how many citizens of no country there are now in Europe how many enforced and unwilling outcasts. Some few may be indifferent to the fate which has overtaken them but to the very great majority it is the last thing in the world they would have wished—to have no country which they can call their own.

Held High Positions

Among these countryless persons are some who a few years ago held high positions and owned large estates and were welcome guests in any land. Now, however, in some countries they are not allowed at all, and in others only on sufferance. They have neither home, nationality, nor valid passport. Hence, even if they chose to accept Cain's fate and become wanderers on the face of the earth, they could not do so, if only because all frontiers are closed to them. If they have money they are allowed to remain in Switzerland on what is known as the tolerance list; but if they have none, and, as often happens, no means of earning any, they are some day found washed up on the shore of some Swiss lake or dying at the foot of some precipice.

It is not merely the war, which has made so many homeless and countryless; it is even more the after effects of the war, and the Peace Treaty, and it is impossible not at times to speculate whether some modern Shakespeares may not arise to dramatize some of these tragedies. One pathetic case was that of an Austrian who was born in a part of Austria now handed over to the Poles, and who has just been found dead, lying in the grass, literally on the frontier of his native land, into which the Austrians would not allow him to enter, saying that he was a Pole. A Pole he would not be; an Austrian he could not be. His name was Isidor Fuchs, and for many years before the war he was a Paris correspondent of important German newspapers. At that time every German and Austrian who visited Paris met this little old man, somewhat retiring and old-fashioned in appearance but kindly of heart, and to many persons an excellent adviser and helper insofar as lay in his means.

When the war broke out, he of course, had to leave Paris and all his belongings, and come to Geneva, where he continued to act as correspondent for his German and Austrian newspapers. The money he had saved he invested during the war, like the rest of his countrymen, in Austria War Loan stock. A year ago, when Austrian and German money in Switzerland sank to almost nothing in value he could not earn a livelihood from his press work. If an Austrian paper sent him a hundred kronen for an article, he could only get two francs or less for it in Switzerland; or if a German paper allowed him a hundred marks, these would bring him in a little more than five francs. Moreover, he was an old man, and he lost his speech and also his health. He then naturally bethought himself of his savings in his own country of Austria, for which he set out, but when he reached the frontier and showed his passport, he was told that he could not enter Austria, for he was now a Pole, whereupon he laid himself down and died—died at his country's gates, and was found by some peasants a few days afterwards lying on the grass by the wayside.

Russia's Numerous

But homeless Russians are by far the most numerous of all political outcasts. Thus a Russian countess, whose husband before the war was very wealthy, and whose jewels were worth thousands of pounds, is now in Geneva, homeless, countryless, and well nigh penniless. Kieff, which was her home, is now in what is known as Ukraine, but no one at present knows whether there is a Ukrainian Govern-

ment; at any rate there is no Ukrainian nor Russian representative here who can issue a valid passport. The lady can neither remain here, except on the tolerance list, nor go to England, where she has some influential friends.

A Dramatists Case

To take another case, that of a well known dramatist, who before the war lived partly in New York and partly in London. He is an Austrian subject but was born in a part of Austria now handed over to Roumania. During the war he remained in Switzerland, but recently he wanted to return to London and New York to look after his business interests. He was told by the British and American Consulates that his Austrian passport was invalid, and that he must now obtain a passport from the Roumanians. Hence, although very unwilling, he went to the Roumanian Consulate, but only to be told that the Consul would merely give him a passport to return to his birthplace in what was once Austria, and is now Roumania, but would not grant him a passport to go to either England or the United States.

In the Roumanian Legation the officials even refused to talk to him in any language except Roumanian, which he does not know; and it was only after much negotiation that they consented to do so in English. To the credit of the British and American circumstances they have allowed this governments be it said, in view of the man to go to London and New York with a special passport granted by themselves. The attitude of some of these small countries only just raised to the dignity of independence recalls nothing so much as the proverbial saying: "Set a beggar on horse-back and he'll ride to the devil."

The tumult and the shouting die. Cheer up! the worst is yet to come!

The Martha of the New Testament wasn't seen around polling booths.

No one seems willing nowadays to experiment and see if work really is harmful.

"True womanhood will shine," writes a poetess. Not if the powder puff can prevent it.

Do You Count the Cost of Your Tea?

Good tea is really very cheap per cup, less than 1/2c. for the very finest.

The duty on tea coming into Canada from British possessions is 7c. per pound, and 10c. per pound from other countries.

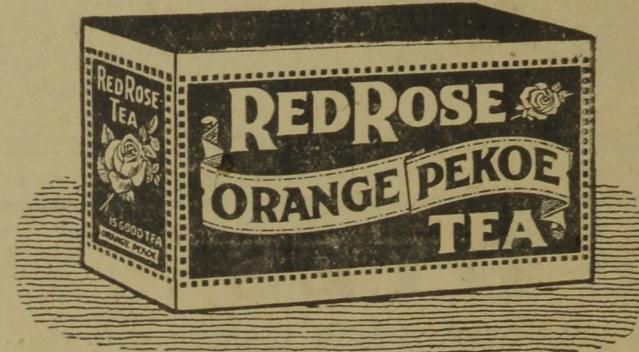
You pay just as much duty on a pound of poor tea as on a pound of the very best—such as Red Rose Orange Pekoe Tea.

You can therefore get much better value in a superior high quality tea than in poorer, cheap teas, because you pay the same duty on the poor as on the best.

This extra value is appreciated by most people, as the increasing sales of this fine quality, mountain grown Red Rose Orange Pekoe Tea clearly prove.

Ask for it by the full name.

Sold only in our new sealed airtight cartons.



HERMIT WAS MURDERED

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Calcutta, Oct. 12—Captain Crump, late Irrawaddy Flotilla Company, has been murdered in remarkable circumstances at Myinmu (Upper Burma). The Captain who was 62, lived like a hermit. Even his servants were not allowed to remain in the house after 5 p. m. In July he decided to return to England and sold his house and property for \$2250. When the murder took place, four Burmese who were arrested confessed that, having heard of the sale of Captain Crump's property and

his intended departure, they decided to rob him. To disarm suspicion, they went to a dance a few hours before the crime. They met near the captain's house, and forcing an entry into his bedroom, murdered him. They took away a sum of money \$900 in notes which were found on them when arrested. Captain Crump had \$15000 in the bank when he died.

Little girls enjoy fiction but after they grow up and get married they're always saying: "Now I don't want to hear any fairy stories."

These are terrible days for a rich man. If he brags about what he is making the income tax collector will get him and if he doesn't brag he is accused of keeping silent to hide his profiteering.

Habit is a Great Thing

and lots of folks worry along with coffee, varying in flavor and quality from day to day, just because they've never tried

POSTUM CEREAL

The fact that tens of thousands of former coffee drinkers now use Postum in its stead is a good indication of what you'll do some day if coffee discontent is sufficiently aroused in you.

When the mood strikes you—perhaps today—why not order a package of POSTUM CEREAL? Ten days with Postum instead of coffee shows many a man

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