

RED ROSE TEA

"is good tea"

The Orange Pekoe, at a little extra cost, is extra good
In clean, bright Aluminum

ATTRACTIVE TOURS ACROSS THE DOMINION MADE ON THE C. N. R.

Among the great wheat-producing areas of the Empire, the Canadian West holds first place, in fact, it ranks among the greatest of the world's sources of wheat and millions of bushels are exported annually. Much has been written about the Canadian West but to visit it is a revelation and an education in itself. The vast open spaces covered with waving grain stretch for miles as far as the eye can see with farm houses, barns and elevators scattered over the landscape.

Another of the attractions of the Canadian West are the Rocky Mountains with their snow-capped peaks rising thousands of feet into the air and glistening glaciers.

The Pacific Coast of British Columbia proves an irresistible lure for many, with its deep fjords and other Norwegian scenery and the cities of Vancouver and Victoria.

Alaska, the Land of the Midnight Sun, is another of those places where the visitor is enchanted with the strangeness and beauties of the landscape and the romance of gold rush days. The view of the sun at midnight is an experience not soon forgotten by those who have seen the spectacle.

And yet the cost of a trip of this kind is not prohibitive, especially when taken under the guidance of one of the personally conducted all-expense tours via the lines of the Canadian National Railways.

On July 12th, the Adam's Personally Conducted All-Expense Tour will leave Montreal for Western Canada, visiting en-route the Canadian Rockies, Jasper Park Lodge (Canada's largest playground), Banff, Lake Louise, the coast line of British Columbia between and including Vancouver, and Prince Rupert, Victoria, Wainwright, Buffalo Park and taking in the Great Lakes cruise. The fare which includes all expenses, is \$330.00 and up per person, according to accommodation desired. The tour terminates at Montreal on August 4th.


On July 4th from Toronto, another personally conducted All-Expense Tour starts for the Canadian West, under the auspices of the Kerr-Bryson Tours, which covers territory similar to the Adam's Tour and includes also Seattle and Kinaki. The rates for this tour are \$324.00 and up per person. An extension of this tour includes Alaska, the rates for this being \$399.00 and up per person. The former tour terminates at Toronto on July 26th and the latter on July 30th.

Full particulars of these tours, with illustrated booklets descriptive of the country visited, may be obtained from Mr. F. W. Robertson, General Passenger Agent, Canadian National Railways, Moncton, N. B., or C. A. Adams, B. A., Granby, Que., in connection with Adam's Tour and Martin Kerr, B. A., 4 Buelah Avenue, Hamilton, Ont., or A. E. Bryson, 44 Silverhorne Avenue, Toronto, Ont., relative to Kerr-Bryson Tours.

SETTLERS ARE COMING TO THE MARITIMES

The incoming tide of settlers to the Maritime Provinces is continuing to increase. Recently 63 new settlers arrived at Halifax for the Maritime Provinces and they have all been placed on farms in these provinces by the Colonization Department of the Canadian National Railways at Moncton, which is in charge of F. C. Biette, Superintendent of Land Settlement, Maritime Division. They were brought to Canada through the efforts of these Railways and are a fine class of immigrant, being made up mostly of Danes and others from the Scandinavian countries.

One family of eleven was placed with a large potato grower on the North Shore of New Brunswick, Mr.



Of Interest to the Women

ATMOSPHERIC GRAY AND EGG-SHELL IN STOCKINGS.

Nude shades remain fashion's choice for hosiery for summer. There are plenty of new names and there are very light nude shades, such as egg shell, to wear with ivory and parchment colored slippers in addition to a number of grays of "atmospheric" tint for the woman who has gone in for grays, blacks and violets. The usual clear gray, however, seems to be conspicuous by its absence.

Except for the beige shades shoes and stockings do not match and the nude shades are chosen for the colored shoes as well as for black and ivory white.

SALMON CUTLETS

2 cups flaked salmon
1 cup thick white sauce
1 teaspoon chopped parsley
Paprika
1 teaspoon lemon juice
Salt
Mix in the order given, spread on a platter to cool. When cold shape like a cutlet and fry in deep hot fat. A stick of macaroni may be inserted in the end to represent a bone. Tuna fish or lobster may be used instead of salmon.

QUICK COOKIES

1 cup seeded raisins
1 cup dates
1 cup white flour
1-4 to 1-2 teaspoon salt
2 teaspoons baking powder
1 cup whole wheat flour
6 tablespoons butter or other fat
2-3 cup brown sugar
1 egg
2 tablespoons milk
1-2 teaspoon vanilla
1-2 cup nuts

Pit the dates; with wet scissors cut the dates and raisins fine. Chop the nuts coarsely. Sift the white flour, salt and baking powder over the dates and raisins and nuts and mix with the finger tips. Add the whole wheat flour. Cream the fat, stir in the sugar gradually, then the unbeaten egg. Mix well, add the milk and vanilla. Stir in the dry ingredients. Drop by teaspoonfuls one and one half inches apart on a well greased inverted baking sheet or large pan. Bake in a moderate oven (375 degrees Fahrenheit until firm to the touch and delicately brown) about ten minutes.

COLLEGE FUDGE CAKE

2 squares unsweetened chocolate
1-2 cup hot water
Yolk of 1 egg

G. C. Cunningham, of New Mills, N. B.

These settlers are a decided asset to the Maritime Provinces, being thrifty, industrious, and they stay in the Maritimes, where they find conditions suitable to their type, and where the prospects for making a success are as good, if not better, than elsewhere in Canada.

She Coughed 'Night and Day' Could Not Sleep

Mrs. Leonard Haywood, Victoria Corner, N.B., writes:—"Last fall I took an awful cold which I caught while driving in an open car on a cold day.

"I coughed night and day, could not sleep at night, and my eyes ran water so that I could hardly see a thing.

"My husband got me a bottle of

Dr. Wood's Norway Pine Syrup



and before I had taken the whole of it my cold had disappeared."

"Dr. Wood's" has been on the market for the past 29 years; price 35c. a bottle, large family size 60c.; put up only by The T. Milburn Co., Limited, Toronto, Ont.

1-4 shortening
1 cup sugar
1-4 teaspoon salt
1 7-8 cups pastry flour
1 1-2 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon soda
1-2 cup boiling water

Put the chocolate and hot water in a saucepan and cook and stir about three minutes till thick and glossy. Remove from the fire, add the egg yolk, butter, sugar and salt. Stir in the flour sifted with the baking powder and the vanilla. At the last stir in the boiling water in which the soda is dissolved. Beat until smooth, pour into a shallow pan, bake in moderate oven about 30 minutes. Frost with boiled icing. Sprinkle with nuts. Nuts may be added to the cake batter if liked.

Paris, May 31—The tourist's pocket-book again has routed the passport. English and French alike set us such a loud protest recently when the government decided to require passport visas of the English who often run over for a few days vacation in France that the order was rescinded with amazing promptness.

The British for some time have been allowed to make week-end trips to France on the strength of an identity slip attached to their tickets. The police, always hunting for dangerous international crooks and spies, did not like this, and the system would have been abolished June 1 if the French who thrive on tourists had not made noisy complaint, supported by French and British newspapers.

A genius is a chap who is able to outlive his youthful precocit.

GOOD COAL!

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R. T. BAIRD
PHONE 413-11

The New York Yankees got into an extended slump recently: It appears they were behind seven innings.



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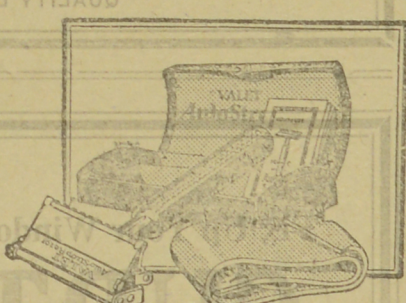
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