

Thus, taking all food elements into consideration, bread is more valuable as a builder than meat. It contains more lime and mineral elements that are strong in bone building, a most important nutritive essential. A person, either child or adult, may be well sustained on bread without meat, but not on meat without bread or its equivalent food in the starch group.

Some meat once a day is essential but undoubtedly most people eat too much.

In youth meat is more essential than in middle age. Old age, requires little or none, a vegetable diet being fully sustaining.

# Tom Sims Says

Twelve bottles made a case once, but in Spokane one bottle made 12 cases for a doctor.

Monroe (Mich.) man drove his auto into the jail so the cops asked him to please stay a while.

The only successful fly swatter is cold weather.

Millionaire is driving a taxi in Chicago. Takes more than one million to satisfy some people.

Working for a fixed salary would be so much nicer if the boss would let you do the fixing.

More college boys would pass their examinations if reading in bed didn't hurt their eyes.

Don't help your son get his arithmetic problem. It isn't right. About half the time it isn't.

Never mistake a hunting license for a permit to hunt trouble.

Burn the dead leaves this fall. Never sell them to cigar makers.

# BOOKS

By WINNIFRED REEVE

The publishers of "The Bond Triumphant" are showing far more courage and confidence in Mr. Gordon Hill Grahame's novel, which took the first prize in the all-Canadian contest, than did McLean's Magazine. It may be recalled that following a scathing editorial in the Catholic Register, McLean's withdrew the serial from their pages, and tendered a humble "explanation." It is hard to understand the psychology of the editors of this magazine. They had ample time to read and judge the book in question. Months before its appearance in their publication they proclaimed it in their advertisements. Stress was laid upon the fact that out of the many manuscripts submitted in the contest, "The Bond Triumphant" was awarded the first prize — \$2500, \$2000 of which was contributed by the publishers, Hodder and Stoughton, and \$500 by the magazine.

At all events, this highly denounced novel now makes its bow between covers, and is the author's and the publisher's silent, though eloquent, proof of Mr. Grahame's contention that his story in no way libels the Catholic religion. There is no denying, however, that certain individual Catholics are painted in odious colors. The author wields a bold and daring pen in description of Monsignor Francois Xavier de Laval. He is not exactly painted in villainous colors, but is shown as an ascetic, fanatical, bigotted, hard-hearted, cruel and callous, hesitating not to sacrifice those he loved in the interest of his prejudices.

"The Bond Triumphant" is fiction, not history. The young author has as precedent several of the most famous world novelists, themselves Catholic, who have not hesitated to paint members of the Catholic priesthood in forbidding colors. Dumas, Victor Hugo, Balzac, deMaupassant, Flaubert. However, such characters were not drawn from historical personages, and it is a dangerous matter to pillory even the dead. It is to be hoped, therefore, that Mr. Grahame's authorities are reliable. If they are not—well—we may recall the fact that his story is—fiction, and a first novel.

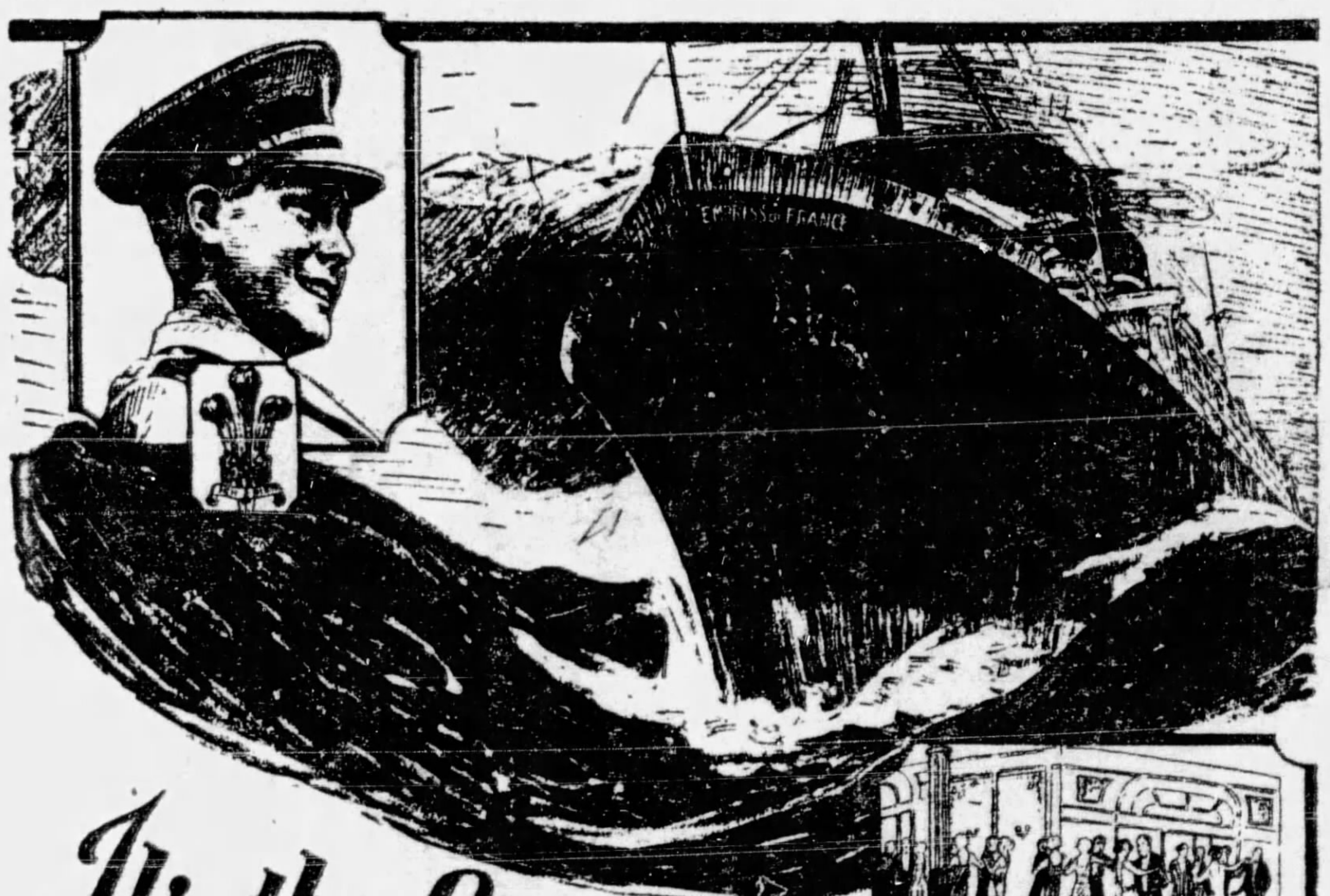
As for the story itself. It is a thrilling, vivid, exciting, romantic, colorful story of Old Quebec. It is a living, moving photograph of Canada in Seigneural days. Before us pass all of the fascinating figures of those early days of wild romance, high adventure, daring and torture. The French habitation and peasant, the seigneurs, the gentlemen adventurers, the trader, the Indian, the soldiers and governors, and dominating, governing all, the priests and the nuns and the sisters of mercy who had come out to the unknown wilds of the new country, and faced with intrepid heroism and bravery the perils and danger of those times. In this company we pass along through the streets of old Quebec, or we crouch behind stockades and are driven through the terrors of an Indian massacre. We are in the old Hotel Dieu, leaning, with the sweet-faced sisters, above the cots of the plague-stricken.

It is a graphic hot pen that this new author wields. He has a tremendous gift. If the prize contest did nothing else than discover a Canadian writer of genuine power, it was well worth while.

The plot is simplicity itself. It is the back-ground and the moving figures in this living drama that make "The Bond Triumphant" an unusual tale. The Seigneur Etienne St. Dennis, master of Crevecoeur, loved little Sister Jacqueline, the pretty young novice of

the Hotel Dieu. Her uncle, the great Monsignor Laval, is determined that his niece, the only human being he truly loves, shall be a bride of the church. How youth and love outwit the keenest of brains, villainy and even prison bars and the wide rolling waves of the sea is told in a ringing, gripping style of this latest Canadian novel. A writer of talent and power is revealed. The book has the faults of a first novel. It is not good technique in fiction to lead down from a climax

at so early a stage in a story. Taken all in all, however, it is a capital piece of work. Its publishers claim that McLean's defection and the editorials denouncing the story in no way affected the sale of the book and that it has started off with a splendid rush. In a letter which the Catholic Register describes as "manly," the author disavows all intent to cast reflection upon the Catholic church, and it is averred by his publishers that he is, if anything, pro Catholic.



# It's the favorite of Lord Renfrew

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  - Blue Hoosier Blues—Fox Trot The Great White Way Orchestra "His Master's Voice"-Victor Record No. 19108
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TORONTO DAILY STAR.  
THURSDAY, SEPTEMBER 13.

Miss Margaret Parker the pretty sub-debutante, who was one of the two Toronto girls to dance with Lord Renfrew on the Empress of France, arrived in Toronto to-day after a summer abroad.

The prince danced every evening except one. He spent most of the day walking about the deck, playing tennis and exercising in the gymnasium.

His favorite dance was Runnin' Wild. Miss Parker said, "and the orchestra played it for him all the time."

It was reported that when the ship left and whenever the prince was dancing it played twice as long insofar as it lay within the power of an orchestra. It was determined to give the five young women with whom he danced on the passage over something to remember the rest of their lives.

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