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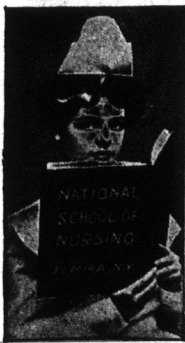
## "SOME HA'E MEAT AND CANNA EAT"

So Bobby Burns tersely describes the rich, but still poor, dyspeptics. But their case is not now so desperate as when Burns wrote. For the man who has the food now can eat without suffering for it, if he just follows the meal with a Na-Dru-Co Dyspepsia Tablet.

These remarkable tablets banish the troubles of the chronic dyspeptic—the man who is bilious—the sufferer from heartburn, gas on the stomach or occasional indigestion. You can eat hearty meals of wholesome food—and digest them, too—if you take Na-Dru-Co Dyspepsia Tablets.

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fine in winter when eggs can't be had for love or money.

If one is lucky enough to live in a neighborhood where everybody likes everybody else, the mothers can take turns in furnishing warm rice or soup. A list should be made out so that each woman knows, at least a week ahead, when her turn comes. I wouldn't advise anyone to go to the work of doing this in warm weather, but in winter it would be nice if you care to go to that amount of work, and live in a locality where it can be done.

If none of these things please, you can at least give the children a cup of hot tea or coffee. Most children prefer coffee, and it is so easy to heat.

Just fill a good-sized bottle with coffee having the right amount of milk and sugar. At recess have a large girl put on a kettle of water having a board or some straw in the bottom; put in the bottles of coffee and by noon they will be just right. And how good the hot coffee does taste!

### SWAN LAKE

The October meeting of the Swan Lake Home Economics was held on Saturday, 25th inst., and was well attended, there being many visitors as well as a large number of members. The first item on the programme was a paper read by Miss Conolly who substituted for Mrs. Herb Anderson entitled "A Country Girl's Ideas." It was full of practical and sensible advice and showed the many ways in which a girl may content herself on the farm and the various openings she can find for making extra pocket money.

Miss Lena Gamble followed with a paper on somewhat similar lines but which had additional interest from the fact that it was written by her sister, for whom she substituted. Miss Edith Gamble who is at present taking the second course in Home Economics at the



Miss Violet Asquith, the talented daughter of the British Prime Minister who is taking a lively interest in British Politics

Making tea is even less work. Give each child an empty cup and half a teaspoonful of tea. At recess have the large girl put on a kettle of water and at noon give each child a cupful. After skimming off the tea leaves it is ready to drink, and more healthful than had it been boiled.

If this plan is tried it would be well to keep loaf sugar on hand and save the work of wrapping up soft sugar. The little ones will be perfectly willing to drink sweetened tea without milk.

Then if the children don't like tea and heating bottles of coffee is too much bother, give each child a tiny bottle of coffee strong "as lye". At noon empty into a cup, fill with hot water and there you are.

These things will all work well, and if managed rightly need be very little work. The main thing is for one or two conscientious women to start the ball rolling.

And really, dear friends, it is worth while. The children will soon grow up and be gone, and then the thought of having helped will be sweet indeed. Anything we can do to add to their health or strength will be bread cast upon the water, which will return to us after many days.—Rebecca Porter.

Agriculture' College. This paper pointed out many different ways in which the 'stay at homes' might be kept interested in country life, and strenuously advocated the wisdom of giving a girl a separate allowance for her dress and little personal needs.

The Misses Nita and Mabel Simpson, who substituted for Mrs. McDole, gave much pleasure by singing "Silver Threads Among the Gold," as a duet. Miss Alice Gordon gave the last contribution on the programme by explaining the origin and significance of Thanksgiving and Hallows'en. A good deal of this paper was original and was very interesting as well as being clearly and sympathetically read. The Cor. Sec. made a collection to pay for the new chairs and gathered the sum of \$6.40 which was almost enough to defray the cost of them. After roll call the National Anthem was sung and afternoon tea was served.

The Mistress (to new maid)—By the way, Mary, I forgot to tell you we generally have breakfast at 8 o'clock.

The New Maid—All right, mum. If I ain't down to it, don't wait.

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Something new and different—something delightful and healthful—something instantly successful. You do not have to wait, and linger, and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured, and my friends are cured and you can be cured. Your suffering will stop at once like magic.



### I AM FREE—YOU CAN BE FREE

My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave because every moment of the day and night it was slowly yet surely sapping my vitality.

But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

### RISK JUST ONE CENT

Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz, Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send the postal card or write me a letter today. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

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