ROYAL YEAST CAKES Now that the new

government standard flour is in general use, the quality of the yeast you ise is more important than ever. Use Royal Yeast Cakes. Their qual-ity is absolutely reliable. Bread made with Royal Yeast will keep fresh and moist longer than that made with any other.

Send name and address for copy Royal Yeast Bake Book.

V

E.W. GILLETT CO. LTD. TORONTO, CANADA O WINNIPEG MONTREAL

APPETITE TEASERS

"Lost my appetite." That is a cry one often hears on all sides when the warm, gentle days draw near To be sure, one begins to tire as winter comes to a close, of all the "things which come from cans and and of prunes and corned beef. One looks forward to asparagus

time and spring lamb days.

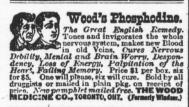
But until those times come within reach of the pocketbook, tease the ap-petite with a few of these dainty

ORANGE ROUNDS.

Peel, and cut round, medium slices from a well flavored orange. Remove seeds and marinate for ten minutes in cool, heavy French dressing. Drain and dust the slices of orange lightly with crushed mint, then last them on crisp toast rounds, with a spray of tresh cress on top, and serve at once. PINE AIGRETTES.

Chop six slices of canned pineapple or four fresh pineapples, and set to drain. Add two tablespoonfuls of grated Canadian cheese, a half salt-spoonful of sugar, two teaspoonfuls of toasted crumbs and the stiffly beaten white of an egg. Mix lightly, then heap on bread rounds and brown in 'he oven, but do not dry or burn. Serve at once.

SALMONETTES. Drain, free from skin and bone, and flake, one can of salmon. Add the juice of a small onion and half a



lemon, pepper, salt, a teaspoonful of chopped chives and enough Russian mayonnaise to bind the mixture. Heap on toast diamonds and place a stuffed olive on top. Serve cold.

EGG MINTS.

Melt a large tumbler of mint jelly. Chop the white of three hard-boiled eggs, purverize a tablespoonful of salted almonds, and add to the jelly with a teaspoonful of minced pepper. Add salt, pepper, a teaspoonful of powder-ed gelatin dissolved in a little boiling water. Mix well and turn into little round moulds (after dinner coffee cups will do) that have been wet with cold water. Set to chill and firm. Unmould on lettuce leaves, put a spoonful of mayonnaise on top of each and a little of the egg youk put through a ricer on top.

LIVER CANAPES.

Boil and mince fine a quarter-pound of calf's liver. Add to it the juice of an onion, pepper, salt, two teaspoon fuls of East India Chutney sauce, minced gherkins and a half package of cream cheese. Blend all together, spread on toast rounds and put an olive stuffed with celery on top. CHICKEN ROLLS.

From raised dough shape tiny biscuits. Mince enough cold boiled chic ken to fill a cup. Season the chicken with pepper, salt, a tablespoonful of each of whipped cream and well seasoned mayonnaise and a tablespoonful of very finely minced celery, and a teaspoonful of chopped capers. Break (but not apart) each hot biscui and fill with a teaspoonful mixture. Serve hot, two to a portion. with two or three sprays of fresh cress and a red radish.



TOMATO ROUNDS.

Blend together one package of cream cheese and a small amount of Roquefort cheese, pepper, salt and enough cream to soften. Spread on toast rounds, and cover with a slice of tomato dipped in sharp mayonnaise. Add a spray of cress and serve.

CREAM OF POTATO SOUP WITH CHEESE.

Cook four medium-sized potatoes in about a pint of salted water, adding a bay leaf, one sliced onion, a saltspoon-ful of paprika and the chopped green tops of a large stalk of celery. Cover the kettle and when the polatoes are tender press the whole through a colander. Melt one tablespoonful of butter, blend in one tablespoonful of flour and add gradually one quart of milk. Stir constantly until the same boils, then blend with the potato pulp and stir in three tablespoonfuls grated cheese. Serve as soon as the cheese is melted and sprinkle each portion with paprika.

Evening Wear? Wonderful metal cloths. Gauze shoulder scarfs. 1

Frocks with mtching capes.
Tulles ornamented with metal

Long tulle capes twinkling with Starlight blue tulle embroidered with

Would Not Be Without Baby's Own Tablets

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tabwould not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pye, Ecum Secum, N. S., writes: "I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by malf at 25 cents a box from The Dr. mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,

What Good is the Robin?

"Now what good is the robin? Everybody knows the robin. A boy came along the road with a .22 rifle, saw a robin sitting there, and killed it. I went over and picked the robin up. Two cutworms were squirming on the ground; the robin had them in his beak. I held the bird up, and two more fell out of his mouth. Remem ber one cutworm will cut down five tomato plants in a night. The cutworm does his work and then hides under the soil; Mr. Robin comes hop-ping along, picks in there and pulls him out and turns him into a robin.
If anyone tells you that a robin will destroy one hundred cutworms in a day, take it from him that it is true." —Jack Miner, at the National Conference on Game and Wild Life.

Keep Minard's Liniment in the house

Wooden Toles.

Wood enters more and more into shoe-making.

The high price of leather had led to the use of wooden soles.

Beech wood makes good soles, it is

stated, and the advantages of wooden soles are great.

The wood is a better non-conductor

than leather and serves better to keen the feet warm and dry.

It is said that in Paris fashionable

footwear is often provided with wooden soles, with small pieces of leather to deaden the sound in walking.

People with tender feet, accustomed to soft, pliable leather soles, might find descomfort in wooden soles, but there are many who wear them with-out apparent discomfort.

CURE YOUR COLD WITHOUT MEDCIINE

Just Breathe "Catarrhozone" Its Balsamic Vapor Does the Rest.

It's a tiny germ that sets up the irritation that makes colds so disagreeable. Colds die quickly if Catarrhozone is used, simply because the vapor of Catarrhozone instantly des-troys the germ that keeps the cold alive

Every breath you draw through Every breath you draw through the inhaler fills the whole breathing apparatus with pure piney essences that stop colds at their very beginning. You experience a pleasant sensation of relief at once. Soreness, congestion and irritation leave the nose and throat, the head is cleared, and every trace of cold or catarrh is cured. Catarrhozone is so sure, so pleasant, such a safe remedy for winter ills that you can't afford to do without it. Get the dollar outfit, it lasts two months and is guaranit lasts two months and is guaran-teed to cure; small size 50c; trial size 25c, all dealers or The Catarrhozone Co., Kingston, Canada.

Washington Flag Etiquette.

The United States flag always is hoisted over the Senate or House of Representatives when in session. The flag floats from the flagstaff of the White House while the President is in Washington, and its absence indicates the absence of the President from the It is displayed over the department buildings in Washington from 9 o'clock a. m. to 4.30 p. m. every week day.

Fabric Newness. Buronette. Rainbow tricolor. Velvet striped marquisette. Boldly printed pajama silks.

Real cowskin for making collars and cuffs. Fibre silk skirtings in lovely pastel

Minard's Liniment used by Physicians



Ladies Perfume Your Skin With Cuticura Talcum

Antiseptie, prophylactic, deodoriz-ing, fragrant and refreching, Cuti-cura Talcum is an ideal face, skin, beby and dusting powder. Convenient and economical, takes the place of other perfumes for the person. A few grains sufficient. One of the indispensable Cuficura Toilet Trio for Accepting the Skin pure and sweet.

Cuticurs Soap 25c., Ontment 25 and 50c., Talcum 25c. plus Canadian duties. Sold everywhere.
For sumple each free address: "Cuticurs, Dept.
R, Sesten, U. S. A."

Wholesome and Timely

This is a good time to play up oranges, lemons and grapefruit in your dietary scheme. These truits are somewhat less costly and can be used to advantage. Above all, the are wholesome for most people.

LEMON CRACKER PIE. Mix together four tablespoonfuls of Mix together four tablespoontuls of rolled cracker crumbs, one cupful of hot milk, one cupful of sugar, two tablespoonfuls of melted oleo, half a teaspoonful of salt, the juice and grated rind of one lemon, and one lightly-

beaten egg.

Turn into a pie plate lined with pie crust, dust over with grated nutmeg and bake until set. If desired, the top can be covered with a meringue made from the stiffly-whipped white of one egg and one tablespoonful of powdered sugar.

ORANGE BREAD PUDDING.

Beat three eggs lightly and add half a cupful of sugar cooked to a caramel and dissolved in half a cupful of hot water. Also add hilf a cupful of additional sugar, three cupfurs of milk, two cupfuls of sifted dry bread crumbs, half a teaspoonful each of ground cinnamon and salt, juice of two oranges and the grated rind of one, and one cupful of dried currants. Butter an ornamental mould, dredge with sugar and turn in the pudding mixture. Set in a pan of hot water and cook as for custard. Serve with a foamy sauce flavored with orange.

I was cured of Bronchitis and Asthma Lot 5, P. E. I.

I was cured of a severe attack carried Rheumatism by MINARD'S LINIMENT. Mahone Bay. JOHN MADER.

I was cured of a severely sprained leg by MINARD'S LINIMENT. JOSHUA A. WYNACHT. Bridgewater.

ORANGE MACAROON BISQUE. This is very simply made. Heat one cupful of thin cream with a few grains of salt and add the yolk of one egg beaten with three tablespoonfuls of sugar. Remove from the fire as soon as the cream has thickened slightly and add, while hot, one tablespoonful of finely grated orange rind. Allow it to cool and fold in one cupful of dousolid, three-quar ters of a cupful of crushed macaroon crumbs, the juice from two oranges and the juice of half a lemon. Freeze slowly as for ordinary ice cream. This cream is particularly delicious served in individual portions with a crushed and sweetened strawberry sauce. GRAPEFRUIT SHERBET.

Boil one pint of water and a cupful and a half of sugar for ten minutes: then stir in half a teaspoonful of gelatine softened in a teaspoonful of cold water, and when dissolved strain the syrup. Cool, add the juice and pulp from two grapefruit, and half a cupful of Maraschino cordial. Turn into a chilled freezer and when the mixture begins to congeal blend in the stiffly-whipped white of one egg and two tablespoonfuls of the chopped cherries. Continue freezing until firm and smooth.

GRAPEFRUIT AND ORANGEADE. Slice into a large bowl one grapefruit and two oranges. Add one cupful of sugar and place it on the ice for two or three hours. The seeds, if not removed before, will float to the top and can be easily taken out. When ready to serve, crush the fruit and sugar with a potato masher (this



the sout the flavor for the rind the trutt, and add one pint of teed lagar ale, one pint of cracked ice, one int of chilled water and a bouquet of contains. Here from a tall glass

A Li rary Feat.

Mrs. Humphray Ward, in the reminiscences which she is publishing in the Cornhill, tells of a wonderful episode in which Henry James translated at sight Mr. Kipling's "McAndrew's Hymn," into splendidly idiomatic French. M. Bourget was of the company, and though he reads and speaks English Thuently, he complained of the technical expressions made use of by Mr. Kipling in the poem in question. "Whereupon," says Mrs. Ward, Mr. James took up the book and there and then put 'McAndrew's Hymn' into vigorous idiomatic French—an extraordinary feat, as it seemed to M. Bourget." As it would seem to anyone, even though possessed of a complete mastery of both languages, for McAndrew is at home with such expressions as "thrust-block," "coupler-flange" and "crosshead jibs," etc., which is a good deal more than can be said of the rank and file of Kipling's readers.

To Us-From Japan.

From over the Pacific come new orch rugs. Our little, clever friends, the Japs,

Of rush, they are strong and compactly woven.

You may have them in oval or rec-tangular shapes.

Some are in checkerboard effects, and others have plain centres and col-

ored borders of contrasting hue. The natural color is used with green, black, red or brown, and the sizes range all the way from 3 by 6 feet up to the popular 9 by 12.

\$100-REWARD-\$100.

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, rives the patient strength by improving the reneral health and assists nature in doing its work \$100.00 for any case of the general health and assists nature in doing its work, \$100.00 for any case of Catarrh that HALL'S CATARRH MED ICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Shoveling Out Gas.

Weighing considerably more than the atmosphere, the poisonous gases employed in modern warfare always seek lower levels. Thus the gas clouds penetrate trenches and deep dugouts, and in most cases it is a matter of many hours before they become sufficiently diluted with the atmosphere to permit of safe breathing. So the matter resolves itself into a probelm of driving the powonous fumes out of the trenches and underground shelters, or at least thinning them out until the air is again made safe.

For this reason American soldiers in France literally "shoveled" poisonous fumes out of their trenches. At tached to a shovel is a sort of ean-vas scoop or "flapper" which permits the men to heave the heavy gases over the parapets and beat the fumes and dissipate them in the surrounding

Ask for Minard's and take no other.

Worth Remembering.

Sure cure for bunions-Take ou inside of small onion, fill with sale and bind on a few nights.

To make shoes waterproof-Rut castor oil, allowing the oil to dry in Gasoline will remove gum from rugs or polished floors.

Patcnes sewed on the sewing ma than those placed by hand.

Hang pictures flat against the wall

and on a level with the eyes.

To prevent scars from scalds burns, rub the new skin several time

a day with sweet oil.

To rid your house of mice, mix and kind of food they like, with tarta emetic and put it where they can es

For frost bite, rub gently with mow or baths with very cold water

LET a woman ease your suffering. I want

you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, post-paid, and put you in touch with women in Canada who will my simple method of home treatment, send you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell-what my method has done for the m. If you are troubled with weak, tired derived with weak, tired derived with weak, tired derived weakness, constipation, canche, backe, bearing down pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, bot flashes, dark rings under the eyes, or a loss of interest la life, write to me to-day. Address:

Some New Fashions.

Dark blue kid pumps, very pointed as to toe, light as to sole and high of heel-altogether extremely smart and expensive looking—as they are! Dresses with flying panels, deep fringe, with gorgeous and with many beads.

Satin afternoon wraps, embroidered in chenille, made with gathered cape collar and finished with scarf ends. These wraps are beautifully lined with the soft pussy-willow tar-fetas that make such rich linings. Lovely new Freuch tunics of net with many beads in Roman stripe col orings, and not quite so vivid as this

Father's Time.

We've Mother's Day and Children's Day, And dog-days soon are due; We've days to loaf and days to work And days for heroes, too.

And now a movement is on foot (At least the papers say)
To honor one who pays the bills—
And have a Father's Day,

This idea seems a little late, But, just the same, it's right; Should father be consulted, though, We'll bet he'll take a night.

-Yonkers Statesman

Bicycle Tires

"Unquestionably the Best Tires Made"

For speed, safety and thoroughly satisfactory service, be sure to ride on "Dominion" Tires. The extra mileage makes them the hest and cheapest to buy.



ASPARAGUS.

Cook and Serve This How to Dainty.

Asparagus is a great delight to many. However, it must be well booked to retain its delicate flavor. It may be boiled or steamed; in either ase, cut off lower parts of stalks as car down as they will snap, untied unches, wash, remove scales and retie, as this makes the serving easier

and the tips likely to be broken.
For boiled asparagus, cook in boiling salted water 15 minutes or until soft, leaving tips out of water first en minutes. Drain. remove string, and spread with soft butter, allowing one and one-half tablespoons of butter to each bunch of asparagus. Aspara-gus is often broken in inch pieces For boiling, cooking tips a shorter time than stalks.

Some prefer a white sauce to drawn

outter. Put two tablespoons butter in a saucepan, stir until melted and bub-

bling, add two tablespoons of flour nixed with ¼ teaspoon salt and few grains of pepper, and stir until thor-oughly blended. Pour on gradually one cup milk, adding about one-third at a time, stirring until well mixed then beating until smooth and glossy

GALLIKLENZ SSOLUTELY REMOVES GALLS' THOUT OPERATION; Cleanees the Liver, Gall ps Strangeth Misery, Pains in eldes or back, Jam rel Tippable, Colic, Indigestion, Heartburn, Ner No magnitur what you have tried without results, if you actually upant relief, write for GUARANTEE, and PROOF of the wite form of LESS THAN "CENTS a treatment. F. A. E. GREMICAL CO. BOX 144 14 WHISSOR ONTARIO

Amaragus may be served with suc cers with sauce Hollandaise. Put ½ qup butter in bowl, cover with cold water and wash, using a spoon. Divide in three pieces; put one piece in a mucepan with the yolks of two eggs and one tablespoon lemon juice; place saucepan in a larger one containing boiling water, and stir constantly until butter is melted; then add second piece of butter, and, as it thickens third piece. Add one-third cup boil ing water, cook one minute, remove fro mfire, then add ¼ teaspoon salt and few grains of cayenne. Pour sauce over boiled asparagus.

Minard's Liniment Lumberman's Friend.

Why Cat's Eyes Shine in Dark.

"What causes a cat's eyes to shine in the dark?" Many explanations have been offered in the past, but scientists now hold that invisible rays are transformed by some chemical action into visible rays at the instant of reflection of the eyes of the animal.

Lingerie Piquancy.

An extremely effective touch can be added.

dded.
To the daintiest of lingeric.
By the using ribbon of two colors.
That is, one color on one side.
And a contrasting one on the other. To be womanly is the greatest charm of woman.—Gladstone.



NO NEED SUFFERING FROM PILES NOW

Golden Pile Remedy will cure your Piles. Try it! The trial is absoultely FREE. Simply send us your name and address, and we will send a liberal

and address, and we will send a liberal free treatment by return mail.

It is a mistake to dose yourself with so-called Pile cures. They will do you more harm than good. Why don't you begin right to-day to overcome your piles? You can do it by using Golden Pile Remedy.

The results from the full treatment, which sells for \$1,39, are amazing; the itching, burning and swelling, along with the other well-known symptoms, soon disappear and leave you completely cured.

Write to-day for a free trial treatwrite to-day for a free trial trea ment and be convinced. Sold by leading druggists ever where or direct by mail, price \$1.30. GOLDEN REMEDY CO.

Windsor, Ont.

ISSUE NO. 22, 1919

HELP WANTED-FEMALE.

GTRLS AND WOMEN AS WEAVERS, Winders, etc. Apprentices paid while learning, and every assistance given in teaching beginners this work. Only short experience required to develop efficient workers. Pleasant work, satisfactory remuneration. For full particulars, apply Slingsby Mfg. Co., Brantford, Ont.

MISCELLANEOUS

SEND A DOMINION EXPRESS money order. Five dollars costs three cents.

BRED TO SHOW LAYING BARRED Rocks. Tobacco and Garden Plants. Write for Catalogue Chas. Barnard, Leamington, Ont.

WILL PAY YOU 31 CENTS A pound for live hens, any size, f.o.b. your station. Ship c.o.d., Sam Lewis, 666 Dundas West, Toronto.

FARMS FOR SALE

W ESTERN FARM LANDS — IF YOU want to sell your western farm land send me proper description and easiest terms, and I will endeavor to sell it for you. J. J. White, Drawer 495, Orange-ville, Ont.

NURSING.

NURSING-NURSES EARN \$15 TO \$25 a week. Learn without leaving home. Send for free booklet. Royal College of Science, Dept. 124. Toronto,

FOR SALE

FOR SALE - CHOICE YELLOW Dutch sets; 6c per lb., f.o.b. shipping point. T. L. Wurm, Zurich, Ont.

ping point. T. L. Wurm, Zurich, Ont.

3 ACRES, (25 ACRES FIT FOR plough, fenced.) Good land. 600 strawberry plants, large garden, three miles from station, also 200 acre bush lot (100 green bush,) good land. Timber, birch, maple, balance big pine Fine ranching country, lots of game, deer, bear, beaver, mink, otter, rats, partridge, heres. No taxes. Also stationary saw mill, 40 H.P. engine, 50 H.P. boiler, all complete, price \$1000 cash, loaded or cars. Will sell farm together or separate. Sickness compels sale. Possession any time. Apply to John Hassan, Seguin Falls, Ont., Parry Sound Dist.

PROPERTIES FOR SALE

DOCTOR'S RESIDENTIAL PROPER-ty for sale; exceptionally desirable; hot water heating; all modern conveni-ences; offices in separate wing; stable, lawns and garden; unusual opening in prosperous town. Apply to Box 324, Paris, Ont.

PAINTERS WANTED.

PAINTERS WANTED, AT ONCE.
Highest wages to capable men. Apply, J. J. Thompson, Owen Sound, Ont.

SHEEP RANCH

WE ARE OFFERING FOUR THOUSand acres, all en bloc, Southern Alberta; about sixty miles southeast of
Lethbridge; seven miles to railway; about
half high-class, rich farming land; twelve
hundred acres broken, balance exclusive
ranching land, fenced; frame barn; running water; one of the main canals of
the Provincial irrigation system on the
property; unlimited caal supply; very easy
terms of payment, extending over fifteen
years at six per cent. Dodds Limited,
C. P. R., Toronto, Ont.

Our Language.

Though a fawn may grow into a buck, gender conditions being right, there is no known process whereby fawning and bucking can be made to resemble each other. Somebody says the Philippine Islands could supply enough food for the human race if transportation could be arranged. No doubt. Also hades could furnish heat for all the world's cities if a pipe line could be constructed and maintained.

Nell—Miss Antique seems to carry

Casadepaga Head. This remarkable looking rock is known as a schist which is wathered and crumbled into a human expression which is startling. Not only is there a distinct resemblance to a man's profile but the head is apparently dressed in a periwig of the style of the last century, such as the sold-iers of Cornwallis wore. The rock is located on the top of a 2,000-foot hill on Seward Peninsula, Alaska, and is called by the natives of the Big Head, Casadepaga Head. The fact is about eight feet high.

TOO MUCH POLITICAL GRAFT

Many say it can't be prevented, neither can warts or corns; but they can be cured by Putnam's Corn Ex-tractor; it cures corns and warts ractor; it cures corns and warts without pain in twenty-four hours. Use only Putnam's, 25c at all deal-

Food to Make Giants.

A new substance, called tethclin, has been discovered in the human body by scientists engaged in physical esearch at the University of Califor-

It is found in the thymus gland at the base of the brain, and it is this that makes people grow, or so the scientists in question allege. By utilizing it, it is the stature of human beings. A child fed upon it will grow up a giant. We may be able by this method to breed regiments of giants method to breed regiments of glants of a size and stature to throw completely into the shade those giant Grenadiers of Potsdam which gave so much pleasure and pride to one of the Kaiser's most distinguished ancestors.

Animals, too, and even insects, it is claimed, can beinduced to "grow big" by similar means. It is to be hoped that no evil-minded person will elect to breed tethelin rats the size of tigers or wasps that will be veritable flying dragons .- Tit-Bits.

Boomerang has beaten all records

True Meaning of "Boomerang."

of words turned inside out. The term does not convey the idea of retribution as the boomerang returns not at the thrower's peril, but to his future No Australian would make that blunder. Colonel Miles, the Allied expeditionary forces' chief chaplain dur-ing the war used the term right when he declared: We are your boomerang. flung out by you to conquer a contiment and now returning to your feet for another throw.