

ROYAL YEAST CAKES

Now that the new government standard flour is in general use, the quality of the yeast you use is more important than ever.

Send name and address for copy Royal Yeast Bake Book.

E.W. GILLET CO. LTD. TORONTO, CANADA

APPETITE TEASERS

"Lost my appetite." That is a cry one often hears on all sides when the warm, gentle days draw near.

Peel, and cut round, medium slices from a well flavoured orange. Remove seeds and marinate for ten minutes in cool, heavy French dressing.

Chop six slices of canned pineapple, or four fresh pineapples, and set to drain. Add two tablespoons of grated Canadian cheese, a half teaspoonful of sugar, two teaspoonfuls of toasted crumbs and the stiffly beaten white of an egg.

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.

Melt a large tub of mint jelly. Chop the white of three hard-boiled eggs, purrize a tablespoonful of salted almonds, and add to the jelly with a teaspoonful of minced pepper.

Boil and mince fine a quarter-pound of calf's liver. Add to it the juice of an onion, pepper, salt, two teaspoonfuls of East India Chutney sauce, two minced gherkins and a half package of cream cheese.

From raised dough shape tiny biscuits. Mince enough cold boiled chicken 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.

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 capital.

It is fine for cleaning cans - says the dairyman. Comfort Lye

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 cream and serve.

Cook four medium-sized potatoes in about a pint of salted water, adding a bay leaf, one sliced onion, a saltspoonful of paprika and the chopped green tops of a large stalk of celery.

Wonderful metal cloths. Gauze shoulder scarfs. Frocks with matching capes. Tulle ornamented with metal braids.

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 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.

"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.

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 half a cupful of additional sugar, three cupfuls 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.

Wood enters more and more into shoe-making. The high price of leather had led to the use of wooden soles.

The wood is a better non-conductor than leather and serves better to keep 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 discomfort in wooden soles, but there are many who wear them without apparent discomfort.

CURE YOUR COLD WITHOUT MEDICINE

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

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 the head is cleared, and every trace of cold or catarrh is cured.

The Walker House Management takes special pains in catering to women and children when traveling without children's escorts.

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Ladies Perfume Your Skin With Cuticura Talcum. Antiseptic, prophylactic, deodorizing, fragrant and refreshing.

Wholesome and Timely

This is a good time to play up oranges, lemons and grapefruit in your dietary scheme. These fruits are somewhat less costly and can be used to advantage.

Mix together four tablespoonfuls 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.

Beat three eggs lightly and add half a cupful of sugar cooked to a caramel and dissolved in half a cupful of hot water.

Weighting 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.

Asparagus may be served with success with sauce Hollandaise. Put 1/2 cup butter in bowl, cover with cold water and wash, using a spoon.

Dark blue kid pumps - very pointed as to heel - altogether extremely smart and expensive looking - as they are!

Golden Pile Remedy will cure your PILES. Try it! The trial is absolutely FREE.

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Under the flavor of the rind of the fruit, and add a pint of cold sugar ale, one pint of cracked ice, one pint of chilled water and a bouquet of fresh mint. Serve from a tall glass pitcher.

A Li-rary Feat.

Mrs. Humphrey 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'.

To Us - From Japan.

From over the Pacific come new porch rugs. Our little, clever friends, the Japs, made them.

Some are in checkerboard effects, and others have plain centres and colored borders of contrasting hue.

\$100 - REWARD - \$100.

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment.

Shoveling Out Gas.

Weighting considerably more than the atmosphere, the poisonous gases employed in modern warfare always seek lower levels.

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Ask for Minard's and take no other.

Worth Remembering. Sure cure for bunions - Take out inside of small onion, fill with salt and bind on a few nights.

To make shoes waterproof - Rub thoroughly three or four times with castor oil, allowing the oil to dry in.

Patches sewed on the sewing machine are smoother and last better than those placed by hand.

Hang pictures flat against the wall and on a level with the eyes. To prevent scars from scalds or burns, rub the new skin several times a day with sweet oil.

To rid your house of mice - mix any kind of food they like, with tartar emetic and put it where they can eat it.

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

Some New Fashions.

Dark blue kid pumps - very pointed as to heel - altogether extremely smart and expensive looking - as they are!

Dresses with flying panels, with deep fringe, with gorgeous tassels 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 taffetas that make such rich linings.

Lovely new French tunics of net with many beads in Roman stripe colorings, and not quite so vivid as this sounds.

DOMINION 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 best and cheapest to buy.



ASPARAGUS.

How to Cook and Serve This Dainty.

Asparagus is a great delight to many. However, it must be well cooked to retain its delicate flavor.

For boiled asparagus, cook in boiling salted water 15 minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and spread with soft butter, allowing one and one-half tablepoons of butter to each bunch of asparagus.

Put two tablepoons butter in a saucepan, stir until melted and bubbling, add two tablepoons of flour mixed with 1/4 teaspoon salt and few grains of pepper, and stir until thoroughly blended.

GALL-KLENZ

ABSOLUTELY REMOVES GALLSTONES WITHOUT OPERATION. Cleanses the Liver, Gall Bladder, Stomach, Intestines, Pancreas, etc.

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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. To the daintiest of lingerie. 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 absolutely FREE.

It is a mistake to dose yourself with so-called Pile cures. They will do you more harm than good.

Write to-day for a free trial treatment and be convinced. Sold by leading druggists everywhere or direct by mail, price \$1.50.

GOLDEN REMEDY CO. Box 191 Windsor, Ont.

HELP WANTED - FEMALE. GIRLS AND WOMEN AS WEAVERS, Winders, etc. Apprentices paid while learning, and every assistance given in teaching beginners this work.

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.

I WILL PAY YOU 31 CENTS A pound for live hens, any size, f.o.b. your station. Ship c.o.d., Sam Lewis, 625 Dundas West, Toronto.

FARMS FOR SALE. WESTERN 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 25, Orangeville, Ont.

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

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

93 ACRES, (25 ACRES FIT FOR plough, fenced.) Good land. 600 strawberry plants, large garden, three miles from station, also 200 acre bush lot (300 green bush), also 100 acre timber, birch, maple, balance big pine. Fine ranching country, lots of game, deer, bear, beaver, mink, muskrat, partridges, hares. No taxes. Also stationary saw mill, 40 H.P. engine, 50 H.P. boiler, all new tools, double edger trimmers, all complete, price \$1000 cash, loaded on cars. Will sell farm together or separate. Sickiness compels sale. Possession any time. Apply to John Hasan, Seguin Falls, Ont., Ferry Sound Dist.

PROPERTIES FOR SALE. DOCTOR'S RESIDENTIAL PROPERTY for sale; exceptionally desirable; hot water heating; all modern conveniences; offices in separate wing; stable, lawns and garden; unusual opening; in prosperous town. Apply to Box 224, 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 of fine, 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 Province; irrigation system on the property; unlimited coal supply; very easy terms of payment, extending over fifteen years at six per cent. Dods Limited, C. F. 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.

Casadepaga Head. This remarkable looking rock is known as a schist which is watered 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 soldiers of Cornwallis wore.

TOO MUCH POLITICAL CRAFT. Many say it can't be prevented, neither can warts or corns; but they can be cured by Putnam's Corn Extractor; it cures corns and warts without pain in twenty-four hours. Use only Putnam's, 25c at all dealers.

Food to Make Giants. A new substance, called tethelin, has been discovered in the human body by scientists engaged in physical research at the University of California.

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.

True Meaning of "Boomerang." Boomerang has beaten all records 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 use.