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ep cold winds out. Enjoy comfort without wasting val-ble fuel. We keep windows complete to suff your open-s. Ask for price list of Storm Windows.

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FACTORY DISTRIBUTORS

CANADA

Hot Breads
Easily Made

Now that the cool days are here we can indulge in hot bread once more. There is no one who knows how to make more kinds of muffins, biscuits, waffles and het cakes than the southerners, who serve one or two or three of them at every meal. Their spoon bread is very good to serve as a substitute for potatoes. Bring a pint of milk to a boil, and stir in a cup of cornmeai and a teaspoonful of salt. Cook for five minutes, then stir in two tablespoonfuls of butter, a half a cup of cold milk and two well-beaten eggs, Then add a second cup of cold milk, gradually beating all the time, and bake in a well-buttered baking dish serve in the same dish.

must have been very simple. "Take ye," said this account, "the sum of all the congregations of the children of larael, after their fathers, with the number of their names, every male by their polls; from twenty years old and upward, all that are able to go forth to war in Israel; thou and Aaron chall number them by their armies." This census was an affair that must bave been soon over, lasting no longer (name and children and cripples and the old men were not included: "neither were the Levites numbered among them." Those who did stand up to be ourselected to a second cup of cold milk, gradually beating all the time, and bake in a well-buttered baking dish serve in the same dish. bake in a well-buttered baking dish

SALLY LUNN. Sift two cups of flour, four tea-spochfuls of baking powder, one-half teaspoonful salt and two rounding tablespoonfuls of sugar together. Rub in two rounding tablespoonfuls of shortening, add three-fourths of a

shortening, add three-fourths of a cup of milk, and one egg, or two, if you can spare them, without beating it. Beat until you have a good smooth batter. Bake in muffin pans or in a sheet and cut in squares while hot. This is very nice with a cup of blue-berries or blackberries well floured,

it. Beat until you have a good smooth batter. Bake in muffin pans or in a saeet and cut in squares while hot. This is very nice with a cup of bine-berries or blackberries well floured, stirred in just before putting into the pan.

CINNAMON BUNJ.

Sift two cups of flour with two heaping tablespoonfuls of baking powder and half a teaspoonful of salt. Rub in two tablespoonfuls of shortening. Beat an egg until light, add half a cup of milk and pour into the flour. Mix to a soft dough. Roll out about one-third of an inch thick, spread with cinnamon and sugar and a few chopped raisins. Roll up like a jelly roll, cut into slices about an inch thick, lay in a well-buttered tin and bake in a quick oven. These are very good with apple sauce for a heavy dessert.

FRIED BREAD.

Beat an egg until light, add half a cup of milk and one and a third cups of flour, a third of a cup of sugar, two and a half teaspoonfuls of baking recycles and control of a specenful of several and a successfully of several and a successfully free proposed in that the supply of piping builfinches—birds that can whistle a tune, or some bars of a tune—has been entirely cut off. The demand for these congsters came almost exclusively from Britain, and before the war they were "made in germany" in large numbers and imported into this country. Tailors, cobblers, and others who sit for long blers, and others who sit for long blers, and the Hartz Mountains, are the chief instructors.

The birds are taken from the nest when quite young—before they are they will fledged—and are carefully rearied by hand. The tune desired must be whistled over and over again, that and nothing else, till the bird, one may suppose, in sheer desperation, sets up a rival piping.

"God Save the King," and "God Bless the Prince of Wales," were the tunes most generally taught, and as much as £7.7s would be paid for a really accomplished bullfinch for the British market.

and a half teaspoonfuls of baking powder and a fourth of a spoonful of salt, sifted together. Then add a teaspoonful of melted shortening. Drop by the spoonful into a kettle of hot fat and try a golden brown. Send to the table at once and eat while hot. TEA MUFFINS.

Delicious tea muffins can be made Delicious tea muffins can be made by using one's favorite recipe for muf-fins and adding chopped nuts. Canton ginger or chopped dates. Little hot biscuits to serve with salad are made of baking powder biscuit batter, roll-ing thinner than usual, cutting out in tiny circles, putting a thin slice of cheese on ice, covering it with a sec-ond circle, and baking in a hot oven.

Costiveness and Its Cure.-When the excretory organs refuse to per-form their functions properly the in-testines become clogged. This is form their functions properly the intestines become clogged. This is known as costiveness and if neglected gives rise to dangerous complications. Parmelee's Vegetable Pills will effect a speedy cure. At the first intimation of this allment the sufferer should procure a packet of the pills and put himself under a course of treatment. The good effects of the pills will be almost immediately evisible will be almost immediately evis pills will be almost immediately evi-

COUNTING HEADS.

First Census by Moses in the Wilderness.

There is a record of a census in China as far back as the year 2042 B. C. and of one in Japan in the last century before Christ. Under the constitution of Solon the citizens of Athens were divided and registered in four classes, acording to the amount of their taxable property or income. The Roman census was burdened with more statistics than any of these, however. It had its origin under Servius Tullius, sixth king of Rome, and was an affair of much solemnity. Every citizen had to appear upon the Campus Martius and declare upon oath his name and dwelling and the value of his property under the penalty of having his goods confiscated.

The most ancient statistical record of a census is found in the Bible. The census was taken by Moses in the wilderness, and, as shown by the first chapter of Numbers, the enumeration



Relieves Asthma at Little Expense. Thousands of dollars have been vainly spent upon remedies for asthma and seldom, if ever, with any relief. Dr. J. D. Kellogg's Asthma Remedy, despite its assurance of benefit, costs, so little that it is within reach of all. It is the national remedy for asthma, far removed from the class of doubtful and experimental preparations. Your dealer can supply it.

TRAINED BULLFINCHES. Singing "God Bless the Prince of

Wales."

British dealers complain that the apply of piping builfinenes—birds

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TORIES AND SUPPORTERS
The most scientific and successful Home
Treatment ever offered SUFFERING
WOMEN. Quick relief from inflammation, hearing down sensations failing or
displacement of internal organs, base
ache, extreme nervousness and such FEMALE TROUBLES, in the privacy of
your home. Dr. Marc Aurele's book on
Women's ailments sent FREE, enclose
three stamps for postage.

HOME TREATMENT REMEDY CO., Box 125 H, Windsor, Ont.

ODD POULTRY RUN.

On Roof Within 300 Yards of Big

Within 300 yards of Big Ben, London, is a thriving poultry farm. It occupies no ground space which might be used either for public recreation or for housing, for it is situated on the roof of the large premises of the Institute of Civil Engineers. It comprises 36 fowls of various breedeas well as 200 odd rabbits—and its owner, Mr. A. W. Thomson, claims that it is one of the best possible investments as well as a source of nevvestments as well as a source of nev-

er-ending pleasure. er-ending pleasare.

The fowls are housed in three spacious coops, sheltered from bleak winds and open to all the sunshine possible, but during the greater part of the day the birds are allowed to roam about the roof at will. Although the coping is low—not more than 18in. at most—none of the fowls has yet attempted to go over the top. The boldest of the hens contents herself with balancing precariously on the edge during a

precariously on the edge during a high wind and calmly viewing the 100ft, drop below.

The egg-laying activity of the fowis is remarkable, for since the farm was actabilished. is remarkable, for since the farm was established a year ago, with a considerably smaller number of birds, an average throughout the year of 60 eggs per week has been maintained, rising in the season to well over 100 per week. The air of Westminster seems to suit the hens, for they all work exceedingly hard in egg-laying.

Health cannot be looked for in the child that is subjected to worms, be-cause worms destroy health by cre-ating internal disturbances that reating interest unstanders that re-tard development and cause serious weakness. Miller's Worm Powders expel worms and are so beneficial in their action that the systems of the little sufferers are restored to healthfulness, all the discomforts and dan-gers of worm infection are :emoved, and satisfactory growth is assured.

Fire Clay Substitute.

The great resistance to heat of ordinary coal ash has suggested the use of this material for fire bricks in place of fire clay. It is claimed that a suitable hinder has been provided in a new process, and several thousand experimental bricks already made are being tested, both as a fire-proof building material and as a furnoace lining.

The great resistance to heat of ordinary coal ash has suggested the use of the world.

Both London and Provincial papers declare that Germany's only hope of regaining sufficient strength for a future war of revenge lies in the exploitation of northern Russia. If Germany succeeds in her plan, she will walking a torture, yet sure relief in gain in the east more than she has lost the shape of Holloway's Corn Cube is in the west. By dominating the Bal-wikin reach of all.



The flag is made in two sizes, 4 feet 6 inches by 9 feet for small cities, towns and villages, and 7 feet

by 13 feet 5 inches for cities of over 10,000 population. Canada has been divided into canvassing districts

by the Victory Loan Organization. Each city forms

one district. Other districts have been determined

Each of these canvassing districts has been allotted

Anticipating that many districts will buy far

beyond their allotment, the organization decided that for each twenty-five per cent, excess of the quota one Prince of Wales' Crest be awarded. Thus the workers

in a district doubling its quota will be the proud win-

ners of four small crests for their Honour Flag. These

crests will be sewn to the flag. The Prince's Crest

a certain amount in Victory Bonds to sell. To win

the Prince's Flag, therefore, a district has to sell its allotment. That is the one and simple condition.

according to population.

the three ostrich plumes—is shown at the top of the

To every organization with fifty or more employees, where seventy-five per cent, of the enrollment invests a total of ten per cent. of the annual payroll in Victory Bonds, a supplementary Prince of Wales Flag in smaller form—48 inches by 34 inches—will be

The allotment for each district has been carefully considered, and is based on a conservative estimate of the purchasing power of the district.

Your district can sell its allotment and thus win the Prince's Flag, provided each person does his se her

You will gladly do your part and encourage ,our neighbour to do his.

Remember YOUR purchase may be the one that decides whether or not your district is to be the proud possessor of the Prince's Flag.

The Prince's Motto is "I Serve" Will You also Serve?

Victory Loan 1919

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

GERMANY PLOTS

London cable: The coincidence of the League of Nations Union holding a meeting in London at the same time the Berlin Government was holding another meeting to consider a stell lote from the supreme Council regarding the steps to be taken if General von der Goltz did not withdraw has army from the Baitic Provinces, as giving rise to considerable irony in the British press, which declares it is a test case for the League of Nations, the only foundation for which is the good will and confidence of the people of the commendations of Dr. Thomas' Eelectric oil that it can be used internally with as much success as it can outwardly. Sufferers good will and confidence of the people of the German Government, declared holdination of the Kaiser.

For Asthma and Catarrh.—It is one of the chief recommendations of Dr. Thomas' Eelectric oil that it can be used internally with as much success as it can outwardly. Sufferers from asthma and catarrh will find that the Oil when used according to

tic Provinces she will have Poland at her mercy, with access to unlimited

FOR A NEW WAY

Supplies of raw material.

As the problem is viewed here, it is not even a matter for speculation as to whether Germany intends to prepare for another war, but only as to how long it will take her to regain her strength. Supporters of the League of Nations accept this as a truism, but use it as an argument to justify a strong League of Nations.

There is even a note of regret heard over the final withdrawal of the last of the British forces from Archangel those who advocated the support of the anti-German frees in Russia forethe auti-German frees in

Dr. Martels Female Pills For Womens Ailments



eventing wood rot, bleaching jule and preserving eggs

Mothers can easily know when their children are troubled with worms, and they lose no time in applying the best of remedies—Mother Graves' Worm Exterminator.

High Priced Strad.

The war does not seem to have affected the high prices of representative Cremona violins, although many English owners have sold their instruments in order to give roots. English owners have sold their instru-ments in order to give money lealized to patriotic purposes. Messra, George Hart & Son, of 28 Wardcar street, London, Eng., report that they sold recently a well-preserved Stradivarius. for two thousand guiness. It is a choice specimen of the maker, and is dated, 1702.

Nations' Religious Beliefs.

The German prevailing religious belief is Lutheran. The Church of England prevails in Great Britain, known more familiarly in the States as the Episcopolian. However, all churches are accepted in England now. Belgium. France and Italy are Catholic in tendency.

DISAPPEARING HAIR.

(London Blighty.)
"I think the baby has your hair ma'am," said the new nurse, looking pleasarity at her mistress.
"Graclous!" exclaimed the ladv. glanging up from the novel. "Run into the nursery and take it away from her. She will ruin it."

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