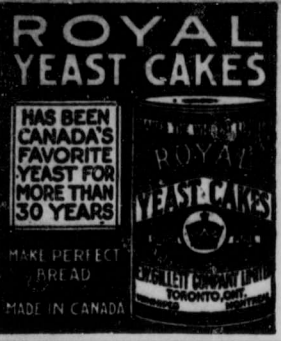


ROYAL YEAST CAKES

HAS BEEN CANADA'S FAVORITE YEAST FOR MORE THAN 30 YEARS

MAKES PERFECT BREAD

MADE IN CANADA



An Easy Way to Peel Fruit

Time savers in the kitchen are of no value unless they are absolutely safe. The first consideration with the housewife is that the food shall not be injurious in the slightest degree. This is as it should be. Nothing should be placed on the dining table that is not thoroughly wholesome. Short cuts, time and labor savers are welcomed by the busy cook if they fulfill these reasonable requirements.

Peeling pears and peaches with a knife is a tedious task, and there is a way to do this work quickly. The method is absolutely safe. Plums may be peeled in the same manner.

The method is not new, although it has been modernized. Martha Washington used this system and here is a copy of her recipe: "Ye pears should be very fresh. Wash and put them into boiling lye for a minute. Remove and place them in cold water. Next put ye fruits into a prepared strupe of sugar and water. Use half a pound of sugar for everie pound of ye fruit; water to dissolve. Now cook for a quarter of an hour. Remove and put on plates to cool. Boyle sugar down to one-half its original quantities. Put ye strupe and pears into jars and add brandy. Seale while hotte."

Minard's:

For 15 days in the month of January, I was suffering with pain of rheumatism in the foot. I tried all kinds of remedies but nothing did me any good. One person told me about MINARD'S LINIMENT; as soon as I tried it the Saturday night, the next morning I was feeling very good; I tell you this remedy is very good; I could give you a good certificate any time that you would like to have one. If any time I come to hear about any person sick with rheumatism, I could tell them about this remedy.

Yours truly,
ERNEST LEVEILLE,
218 Rue Ontario East, Montreal,
Feb. 14, 1908.

In "Rational Cookery," published in Watertown, N.Y., in 1830, one of the first cook book printed in this country, lye is one of the ingredients in many of the recipes, the acid for reaction with the lye being present in the molasses, sour milk, etc.

Prof. M. E. Jaffa, nutrition expert of the California State Board of Health, says: "In spite of the idea held by many people that lye peeled peaches are injurious to health, they are no more injurious than hand peeled fruits. Except for the marks of the knife on the hand peeled product it is impossible to distinguish one from the other. Food value, flavor and quantity are unchanged."

The housewife may be assured that canned fruit peeled by this process is wholesome and that there is nothing in it that may be injurious to health. In the preparation of peaches for canning there are three methods used in peeling, these are slipping the skin after steaming, hand peeling and peeling by means of a lye solution. Slipping the skins is possible only with a few varieties of freestone peaches grown in the East. This consists in splitting the peach at the line of the pit mark, separating the halves by a circular motion and removing the pit. The halves are then placed, cut side down, on a tray which has been covered with a piece of cheesecloth sufficiently large to also cover the fruit. The tray is then placed in a steam box for about three minutes. When the fruit is removed the skin is lifted off easily.

MAKE YOUR OWN LAGER BEER

At home—no special equipment—
—from our pure and popular Hop-Malt Beer Extract

Conforming to Temperance Act

This is a food Beer, more delicious nourishing and better than any malt beverage you can buy in bottles. Drink all you want of it. Easy to make. The drink that cheers but does not inebriate. Rich creamy foam, natural color, snap and sparkle. Your friends will confirm your opinion—"The best I ever tasted."

Large can, makes 7 gals. \$1.75
Small can, makes 3 gals. 1.25
Sample can, makes 1 gal. 50c

Send money order or postal note. Prepaid through-out Canada. Agents wanted everywhere.

HOP-MALT COMPANY, LTD.
DEPT. W.A.T., 82 King St. West
Hamilton, Canada

In peeling clingstones the peaches are split with a straight knife, then a pitting scoop is inserted close to the pit, cutting it free from one half, the halves are separated, and the pit scooped out from the opposite half. If the peaches are to be peeled by hand a curved knife having a guard is used. The guard is for the purpose of keeping the peel as thin and as uniform as possible.

The third method is peeling by dipping the fruit in lye. The United States Department of Agriculture recommends one pond of lye to nine gallons of water, made as follows: Dissolve the lye in cold water and bring the water to a boil. Place the peaches in a wire basket and plunge them into the boiling lye water, leaving them there sufficient time to start the skin to move. The fruit is then removed from the lye water and dipped into two changes of cold water and the skins rubbed off by hand—use fresh fruits, not soft peaches. The peach contains sufficient acid, so the amount of weak alkali in contact with the surface is neutralized. Quinces and pears may be peeled without lye.

Grand Complexion Improver! Better Than Cosmetics

When it's so easy to bring back the bloom of youth to faded cheeks, when skin disfigurements can be removed, isn't it foolish to plaster on cosmetics?

Go to the root of the trouble—remove the cause—correct the condition that keeps you from looking as you ought. Use Dr. Hamilton's Pills and very soon you'll have a complexion to be proud of. How much happier you'll feel—pimples gone, cheeks rosy again, eyes bright, spirits good, joyous health again returned. Never a failure with Dr. Hamilton's Pills, get a 25c box to-day.

WASHING THE HANDS. Get Them Clean After a Greasy Job On the Motorcar.

The following is a practice long familiar to railway engineers, who have to mess around oil, and it should serve equally well for their present day coadjutors of the motor car:

Wash the hands in warm water, using a soft, free lathering soap. Work up a good lather and then dip the fingers into a small dish of lubricating oil. This will further emulsify with the lather already on the hands and quickly cut the grime and dirt, leaving the hands clean and soft. Do not use too much oil, and always soap the hands before applying the oil.

After using this mixture be sure to let the washbowl drain and then rinse it quickly, as the oil, if left, separates from the soap and makes a ghastly mess on the side.

Another good way of cleaning the hands after a dirty job around the car is to wash them in turpentine, rubbing it well into the skin and then wiping off thoroughly on something that can be thrown away. By doing this and finishing with warm water and plenty of soap the hands may be cleaned of all traces of the greasiest job.

Minard's Liniment Cures Diphtheria.

What She Wears.

Earrings, the close-fitting kind, in pearls, gleaming and pretty, or imitation colored stones.

White slippers and stockings—the latter with colored sink clocks to match her sash or her hat or some part of her costume.

Sashes—oh, ever so many of these! They are tight in the back, knotted at the sides, or arranged in whatever way she finds most becoming. And as to ends—they may be frilled or fringed or hemstitched.

White skirts that are washable—these with her fluffiest blouses. The skirts are pocketed, invariably and usually finished with broad girdles.

Smart and broad-brimmed hats of dark blue taffeta, with facings of white or flesh-color and the simplest State of Ohio, City of Toledo.

Lucas County, as Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. A. W. GLEASON, Notary Public.

Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the system. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O.
Sold by all druggists, 75c.
Hall's Family Pills for constipation.

Letting Him Down.

Down in Kentucky they do things in their own way.

"Hello, Tom!" said a man from the North who had returned to his birth place for a brief visit. "I heard that Bill killed a man. Is it true?"

"Sure," replied Tom. "He chased the feller three days with a shot gun, finally got a good bead on him, and biffted him right through the lung."

"And killed him?" queried the Northerner, with horror.

"You bet!"

"Well, how is it that they didn't lynch Bill for cold-blooded murder?" asked the man from the North.

"Well, the feller that Bill shot didn't have a friend on earth, so the game warden jest fined Bill two dollars for huntin' without a license."—Harper's Monthly.

Minard's Liniment Cures Garget in seven days.

The Tea of Teas Always Good Alike

"SALADA"

Deliciously Different to the Ordinary.

Black—Mixed or Natural Green } Preserved and Sold only in Sealed Packets

CANADA FOR THE CANADIANS

"Summer travel is good in Canada this year, despite the war and some inclement weather," said Mr. W. H. Snell, general passenger agent of the C. P. R. eastern lines, yesterday. "In fact the war has had two outstanding effects so far as Canada is concerned. Conditions with regard to foreign travel have become so expensive and so restricted that Canadians have been almost compelled to learn something about the advantages of the Dominion as a holiday resort. At the same time the ordinary wage earner has had such opportunities for making money that an unprecedented number of working people have been able to indulge their lifelong desire to take their wives and family back to their old homes and see 'the old folks at home.' This latter feature of travel has been very marked during the past year, and is more in evidence than ever this summer. In all parts of Canada thousands of men who have for many years nursed the hope of some day taking their families back to their old homes are able to make the trip this year and they are doing it. The result is good for the country, good for the families, and good for the railways."

"In fact," said Mr. Snell, "one of the most remarkable features of present war conditions is the application of the motto 'Canada for the Canadians.' More of our people are learning to know their own country than ever before, simply because of the expense and difficulty of going abroad. Travel to Europe has been practically eliminated, owing to war conditions on the Atlantic. The increase in rates in the United States and the difficulties surrounding travel from Canada to American resorts has to a considerable extent reduced summer travel from Canada. The result is that thousands of people who in other times have already gone abroad or to the United States for their summer vacations are now spending their holidays and their money in Canada, with distinct advantage to themselves and the country. In fact they are learning now what tourists from all over the world have in years past spent very large sums to come to Canada to see and enjoy."

"In this way, while war conditions have cut off a good deal of foreign tourists traffic in Canada, the same conditions have so increased home travel as to more than offset this. People are visiting our own Rockies instead of taking German waters, taking trips over the Canadian lakes and rivers, or to our own coasts instead of going to American coast resorts. It is a curious effect that war should force Canadians to know their own country, but that is one of the results of the European conflagration, and one that should prove of lasting benefit to Canada."

As a result of these general conditions, Mr. Snell said that passenger traffic in Canada had been unusually good both on the C. P. R. and on all Canadian railways, as well as on the lake and other steamship lines, despite the fact that under war regulations there were no more excursions or special rates. The rates in the United States had gone up so high, with a stringent abolition of all excursion or other special rates, that people were learning more and more to do their pleasure travel in Canada.

"A good deal of this is due to the fact that wages in Canada are higher than ever before," said Mr. Snell. "Where a few years ago men were getting \$12 to \$15 a week they are now getting \$18 and even \$25. Despite increased cost of living people are getting better off and many men are able to indulge their desires to revisit their old homes, and it is surprising the number who are taking this method of spending their holidays."

"Canadians are learning more than ever before the attractions of the Canadian resorts, and the knowledge they are acquiring as a result of the war should mean a good deal in future years in keeping our holiday money at home, as well as attracting tourists from other lands."

SMOKE TACKETTS T&B CUT

Worth Knowing.

Household Cement—Take equal parts wood or coal ashes, salt and any kind of dry clay. Sift together through sieve, add water to make like mortar. This will get hard as a stone and find many uses for it in the home.

An ounce of gelatin will jelly a quart of liquid.

Olive oil is a nourishing fat, and it aids digestion.

Apples cored before paring are less apt to break.

Rye flour can be used for dredging meat and fish.

If you dread cleaning pantry shelves, paste white oilcloth on and it cleans as easily as enamel and saves buying shelf-paper.

A fruit pie will not boil over if the sugar is put under the fruit.

Stains may be removed from wall paper by an application of starch.

The lighter salads are appetizers; the heavy ones should be regarded as central dishes.

"What did you plant in your garden this year?" "A lot of things; but, judging from my neighbor's comments on the likelihood of none of them coming up, I guess my crop will be principally sour grapes."—Baltimore American.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the summer months than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach disorders, come without warning and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the home, where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles or if the trouble comes suddenly the prompt use of the Tablets will cure the baby. Mrs. Chas. Anderson, Minn. O., says:—"Baby's Own Tablets are the best medicine for little ones who are suffering from stomach troubles. They cured my baby and have made her a fine healthy girl." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Not What He Thought.

An American sailor went to Scotland Yard to report that he was changing his place of abode, inasmuch as he was on his way to the hospital for a stay. The sergeant behind the desk looked up at him and said: "Are you going down to die?" The worried Sammy looked more doleful than ever and replied: "Well, if I do I will not be any more trouble to you except that you will have to ship my body back to the States." Gloomily he started to leave the office, when a clerk laughingly told the American that the sergeant—who was a cockney of cockneys—had merely asked, "Are you going down to-day?"—Buffalo Commercial.

Minard's Liniment Cures Colds, &c.

Muggins—The German Emperor is a firm believer in prayer. Buggins—Yes, he's a regular bird of prey.

How It Happened.

"How did you meet your wife?" asked the inquisitive one.

"I didn't," answered the grouchy one.

"You didn't? I guess you misunderstood me. I asked you how you and your wife came to meet, and—"

"And I said we never met."

"I don't know what you mean."

"She overtook me."—Cleveland Plain Dealer.

KEEP YOUR SHOES NEAT

2 IN WHITE SHOE DRESSING LIQUID CAKE

For Men, Women and Children's Shoes

HELP WANTED.

WANTED WOOLEN MILL HELP. We have several vacancies for experienced and inexperienced hands, in various Departments in our Mill. Will be pleased to furnish full information. Write us for particulars. Several positions open with opportunity of advancement. The Slingsby Mfg. Co., Ltd., Brantford, Ont.

MISCELLANEOUS.

WHEN ORDERING GOODS BY MAIL send a Dominion Money Order.

CHOICE SILVER BLACK BREEDING foals. Reid Bros. Bothwell, Ont., Can.

WANTED SECOND HAND HORSES Power Drag Saw, complete for cutting wood. State price and condition. Address Jas. Aikins, Box 352, Niagara-on-the-Lake, Ont.

FARMS FOR SALE.

CHOICE FARM—ADJOINING GRIMES- BY town, consisting of one hundred and eighty acres; must be sold at once to close up an estate. Apply to D. B. Calvert, Winona, Ont.

TWO HUNDRED-ACRE CLEARED farm for sale—County Durham; good soil, fair buildings; convenient to railway station and village; four thousand and will buy; easy terms; possession after harvest. G. P. McKay, 44 Victoria street, Toronto.

FARM, CROP, STOCK, IMPLEMENTS—two miles Woodstock; forty acres oats, ten corn, ten wheat; balance hay and pasture; twenty cows, four horses; county road. Apply F. A. Staples, R. R. No. 1, Woodstock, Ont.

112 ACRES—MORE OR LESS—LOT 2. Concession 2, Eramosa, near Speedside, for sale; on the premises is a good stone house, up-to-date barn; good stables, with water; closed in shed, silo, pigery; hennery, sheep pen, never failing well, windmill, good orchard; farm in good state of cultivation, well fenced, well watered; five miles from Ferris, ten from Guelph; school-house and two churches close by. Apply at premises, Mrs. Lena Leybourne, Rockwood, R. R. No. 3, Ont.

BUSINESS CHANCES.

FOR SALE—30-BARREL PLAN SIF- ter mill, in Markdale; good water-power. J. W. Ford, Markdale.

FOR SALE, AT WALLACEBURG—AN evaporator plant, well equipped; was operated last year; adjoins railway and convenient for shipping; also convenient to ship by water; about two acres of land in connection. Communicate with John S. Fraser, Barrister, Wallaceburg, Ont.

\$3,000 BUYS MANUFACTURING plant with boiler engine. Worth \$6,000. Built solid stone; fire proof; three stories; 10,000 square feet; well located; cheap electric power. For particulars write, John Nash, Owen Sound, Ont.

FOR SALE GROCERY, B.G.T.— Shoe Business, long established. D. L. Gilmour, Collingwood, Ont.

SMOKE TACKETTS T&B PLUG

FOOD FOR THE AGED.

Some Diet Rules for Those Who Are Advanced in Years.

Libraries have been written on diets for business men and actresses, but little thought has been given what aged people should eat. "Superintendents of homes for the aged show absolute ignorance of the diet the senile character needs," writes Dr. I. L. Nasher in the Medical Review of Review.

With advancing age there is less strength and activity. For various reasons the amount of food should be diminished. The loss of teeth in old age is nature's signal that an aged person should no longer eat meat, the only food that needs to be thoroughly masticated. "It is not necessary suddenly to discontinue the use of meat. There should be a gradual reduction, and only the light meat of young animals and fowl should be taken."

There is no definitely prescribed diet for old age, but there are a few rules that can be followed: The total amount of food must be diminished. It must be thoroughly cooked and finely chopped. Vegetables containing much cellulose should be freely used. Foods should be given in a liquid, semi-liquid or mush form, and dry foods should be avoided. Foods should not be given at shorter intervals than four or five hours.

Minard's Liniment Cures Distemper.

One-Ton Walrus.

The average-sized Alaska walrus is as big as an ox and often weighs more than a ton. A walrus was killed by some whalers near Point Barrow whose head weighed 80 pounds and skin, including flippers, 600 pounds. The animal had a sixth of its feet, the skin was from half an inch to three inches in thickness, and the blubber weighed 600 pounds.

Stranger—This seems to be a pretty live town. Native—Yes, worse luck Stranger—Why do you say that? Native—I'm the local undertaker.