THE QUEEN OF SPICES

CINNAMON, DELICIOUS AND SUGARY, AROMATIC AND PUNGENT.

The Discovery of Its Valuable Properties Antedntes Recorded History. Something of Its Uses and the Way In Which It Is Produced.

Cinnamon is in itself unquestionably the most delicious of all spices, being sugary as well as aromatic and pungent. Many thousands of pounds are consumed annually in every civilized country, and it is also highly appreci-ated by even semicivilized and bar-barous nations where culinary art and medicine have as yet made little prog-

Its uses in sweet cookery are innu merable. There are very few fruits which are not improved in preserves, pickles and pastries by the addition of more or less of this delicate bark. It is an essential flavoring in all spice cakes and in many varieties of pies and pud-dings. In chocolate, confectionery, candies, cordials and liqueurs cinnamon contributes an incomparable flavor. Its medicinal value is well known

us an antispasmodic and carminative and tonic. Its use is recommended as a preventive and remedy for cholera, and in seasons when stomach troubles prevail cinnamon drops are recommended as the most wholesome form of candy for children.

The discovery of the valuable properties of cinnamon antedates recorded history, as it is mentioned in the Bible. in the book of Exodus as one of the ingredients of the sacred oil with which the priests were anointed. So highly was the sweet bark esteemed by the ancients that even a small piece was considered a fit gift for a king. It is always mentioned as an especially choice substance by Greek writers previous to the Christian era. It is said that the Arab traders, who first brought it to Egypt and western Asia. surrounded its history and production with special tales of mystery and

The cinnnamon tree is a member of the laurel family, which in the tropics is represented by a large number of aromatic and medicinal trees and

There are several closely allied cin-mamon trees, but the finest bark is procured from a species native to the island of Ceylon, distinguished by bota mists as Cinnamonium zeylanicum. In a state of nature this grows to be a tree from twenty to thirty feet in height, with rather large, oval, entire margined leaves and yellowish flowers succeeded by small, brown drupes resembling acorns in shape. The grayish brown bark is internally of an orange color, which changes upon drying to the characteristic brown which is the recognized name of a particular shade.

Almost every part of the tree yields some choice substance and is especially rich in oil. The roots yield camphor and the leaves an oil resembling the oil of cloves and often substituted for called einnamon suet is manufactured which is highly fragrant and from which in former times candles for the exclusive use of the king were made.

in the latter part of the eighteenth

century, while England was for a time in possession of the spice islands, cin-mamon plants were among the choice products that were imported into varions other tropical regions, including the West Indies, where in Cuba and several other islands it has become a considerable article of commerce. Un der cultivation it is not allowed to grow into a tree, as the richest bark is taken from shoots of from two to four years' growth. The young tree is, therefore, cut and shoots from the root. are encouraged to grow. The majority of these are cut when about ten feet in height and the bark is detached in ten or twelve inch lengths. After lying in bandles for a few days the bark is scraped by hand, both outside and in, watil reduced to a thin sheet. These shorts are then made up into compos-site "quills" by placing the narrower and shorter pieces inside and rolling tightly, forming firmrods, which after further drying are made into bundles weighing about eighty pounds and warmpped for shipping. Grocers divide, resert and very neatly combine portions of these quills into small packets for the convenience of their customers

The oil of cinnamon is made by grinding the coarser pieces of the bark and soaking them for two or three days in sea water, followed by the process of distilling. Two oils, one heavier and the other lighter than water, are the product, both possessing similar properties. The color varies from cherry red to pale yellow, the Better being preferred by most pur-

The work of distilling is light, and an oil equal to the best Ceylonese is more produced in Trinidad and various other localities in Cuba and other West India islands.

As einnamon commands a good price and its uses are continually multiplysing there is every inducement for exsending the area of its cultivation, both to the eastern and western hemi-

A Crisis Met Half Way

There were strict orders in the Philippines regarding looting, and one day a lieutenant's suspicions were aroused by a private whom he saw peering eagerly under the piazza of a house on the outskirts of Manila, writes Dixle Wolcott in Harper's Magazine.

"What are you doing there?" he de-

"Why, sir," said the soldier, saluting.
"I'm only trying to catch a chicken which I've just bought."

Lieutenant K stooped and caught sight of a fine pair of fowls. "There are two chickens under there," he excluded excitedly. "I beacht the other one. Catch 'em both."

ABSULUTE

Carter's Little Liver Pills.

Must Bear Signature of

Breut Sood

to take as sugar.

CARTER'S FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION

Price Puraly Vegetable, And Jood CURE SICK HEADACHE.

The Cellar

In housecleaning always include the cellar, turning off all registers carefully. Then attack the corners and use lime and lump charcoal freely, particularly if there should be any suspi-cion of dampness. The walls should be whitewashed twice a year, and all cellars should have cement floors. Hanging shelves should be used for all stored articles, so that the floor may be easily swept every week. Never pile wood on the floor, but on raised boards, so that centipeds and spiders may not collect underneath.

The condition of a cellar is always est of good housekeeping, besides be-eag an all important factor in the ealth of the family. If the cellar and bathroom are always in good order, the other rooms are not apt to be much "out of the way."

Furnaces and chimney flues should be examined once a year. It is very much cheaper than a fire caused by a defective flue. Insurance companies should send out their own experts, if they would be on the safe side

Custard Making.

An ingenious woman who is not slave to conventional rule, at least in housekeeping methods, has found that nothing else gives such good results in custard making as a glass fruit jar and a kettle of boiling water. She pufs the custard in the jar, seals it tight, immerses it in a hettle of cold water and lets it slowly come to a boil and cook until the custard is set. By fer is admitted, as it frequently is under the lid of the double boiler, and there is not the danger of wheying as in baking. A plate is put in the bot tom of the kettle to keep the jar from contact with it. This same housekeep er often serves her custard by cutting it and heaping it by the tablespoonfu in a glass dish, outlining the spoor forms of custard with berries, candied cherries or other fruits.

A Corkscrew Substitute. A convenient substitute for a cork-screw when the latter is not at hand may be found in the use of a common crew with an attached string to pull

out the cork.

If the earth were equally divided among its present inhabitants, each of us, man, woman and child, would get twenty-three and a half acres.

The Sunshine of True Health and Life After Sickness and Suffering

Paine's Celery Compound

Rescues Sufferer Who Was in A Perilous Condition

The liver, the largest and one of the most important organs of the body is, to thousands of young and old, a source of suffering. It has been truly said that a diseased liver means physical and mental tortures and dangers. The common symptoms of liver complaint are loss of appetite, nausea, vomiting, furred tongue, constipation, impure blood, headache, depression of spirits and a host of other evils.

Are you a victim of liver com-plaint? Do you experience any of the symptoms noted above? If so, do not fail to make immediate use of do not fail to make immediate use of Paine's Celery Compound, the only medicine that directly strikes the root of the trouble, and that infuses new life into every inactive organ. Mrs. Rachel McRae, Guelph, Ont., oured by Paine's Celery Compound, writes thus:

writes thus:

"For nine years I had been troubled with liver complaint, and often had very bad spells from it. I called in a doctor, who relieved me, but I remained weak, and could neither eat or sleep, and suffered so much with my head that I procured a bottle of Paine's Celery Compound, and before I had the contents used, I could eat and sleep well, and the pain in my head was gone. I took the second bottle, and have never been troubled with liver complaint since. Your Compound has built me up and completely cured me."

YA HONK! YA HONK!

The Flying Squadron of Canada—Honking Thousands in the Air in the Spring and Fall.

When we think of migratory birds going "north" or "south," there is one mental picture which most of us have clearly in view—a long line of large grey tirds against the sky, with necks extended, and with wingbeats as strong and regular as the strokes of a piston-rod. Later we may think of the swallows and of the waves or warblers which pass in the night, but our first thought will probably be of the flying squadrons of Canada geese, whose trumpet voice heralds the spring, and six months later announces the dying of the year.

A few days ago I was walking along the shore of a lake, trying to count a flock of black ducks which were bobbing like corks in the shuning water a hundred yeards off shore, when I heard to the north of me the honking of geese. They were When we think of migratory birds

shiring water a manuscular shore, when I heard to the north of me the honking of geese. They were flying quite low and were headed for the lake, so I hid myself that they might approach without alarm. As they came over the water they wheeled and passed above me like a cloud, for a moment shutting out the sun. Then they circled toward the lake, descending every instant, the light flashing from the whiter parts of their plumage, until they swept of their plumage, until they swept fearlessly into the water, which hiss-ed and seathed and sparkled as they launched their blunt-prowed bodies. There were 38 of them in all, and

for some time they were busy plash-ing and tipping and preening their feathers, meanwhile honking with great animation. Presently they passed from view around a bend in the shore, and next morning they left the lake to continue their journey

outhward.

The Canada goose is the largest of ur wild geese, measuring sometimes our wild geese, measuring sometimes more than 43 inches from the tip of its bill to the end of its tail. It is a very handsome bird and both its plumage and its carriage make it an attractive feature of any collection of rative water fewl native water fowl.

The Canada goose has a white atch on either side of the head and nother white patch at the throat; he rest of the head and neck, ining the bill, is black. The back wings and sides are greyish, the tail black, the breast and the belly greyish, fading to

Hutchin's goose, which is smaller and the cackle goose, which is smaller still, both resemble the Can-ada goose in color and markings, but as the last named is the only one of the three species which we are likely to see in the East, we need have no fear af confusing them.

en the geese pass over us in the spring they are going to their breed-ing grounds in Canada and on the northern border of the United States. They make their nests of sticks, lined with down, usually on the open prai-ries or by the shores of rivers. Some-times however they britted times, however, they build on an old tree stump, or utilize the deserted nest of a fishhawk, in a tree. They usually lay four or five guff eggs, about three and a half inches long by about two and a half inches wide. by about two and a half inches wide. Great numbers of geese are shot every year during the migrations, by gunners who use various methods of luring them within gunshot. Some shoot them from "blinds," erected in the swamps frequented by the birds Here a gunner will kneel, with cocked gun. until he sees a flock approaching.

If they are not coming well within runshot, he calls to them, mimick-ng very cleverly, sometimes, the nonking of the geese themselves. The latter will usually answer, and wheel nearer to the blind, and before they an see their mistake gun. Sometimes the same results are obtained by tethering wild birds of the same species, which call to their passing brethren, and unconsciously lure them to destruction.

Wounded geese are quite easily domesticated, but they soon become heavy and ungainly in captivity. But they never forget their wild state, and in the spring it is very pathetic to see them raise their heads and call to the passing focks are therefore. to the passing flocks, as though to call attention to their helpless plight.

wounds and joined the norththeir wounds and joined the north-ward-bound squadrons in the spring, and I have heard, from seemingly re-liable sources, of two cases in which geese have returned in the autumn to the places of their former captivity. The only other wild goose we are likely to see near the Atlantic coast is the brant, a much smaller bird than the preceding, measuring about 26 inches in length. It is not so active a bird as the Canada goose, and disc more deared. ities more slowly. Brants, moreover, fly in closer order; not strung out n a long line or a V.

The head and neck of the brant are slack, with the exception of white specks on the sides of the neck. The back is brownish grey, the upper preast black and the lower preast grey, fading to white on the belly. It is a bird of the far north, bery. It is a bit of the far incur, breeding within the Arctic circle. Its nest is made of grass and moss, and lined with down. The eggs are four in number and of a creamy white

The principal food of the brant is said to be eel grass, which it tears from the mud at low tide and allows to float on the surface. When the water has risen so high as to compel it to stop work, it swims about among the floating eel grass, which it feeds upon at its leisure.—Ernest Harold Baynes.

How to Clean Plaster Figures.

Plaster of Paris figures and busts

Jingle Bells

Talk about your orange groves and cotton fields—your lands of never-ending summer, but give to me the bracing, keen, Canadian winter day-when the sun glints like a million diamonds on the drifted snow, the while you whirl along to the tinkling music of the sleigh-bells.

Between us two it's most as spirit bounding as a well played reel on the pipes.

But to know such a day as it is you've got to start it right,

—a good wholesome, sensible, hot, nourishing breakfast of Tillson's Pan-Dried Oats-ah, but that is a breakfast and no mistake.

Ready to Cook-Served Hot.

50 Years Canadian.

Packages Only.

illson's Oal

A Food, not a Fad.

The use of cologne water is one of quickest and surest means of restoring temporarily tired nerves and invigorating tense muscles. One of the most efficacious and delicious cologne waters is made from the follow-

ing formula: Oil of neroli, 4 drams; oil of berga mot, 1½ ounces; oil of cedrat, 2 drams; oil of limette, 2 drams; oil of Portugal, 4 drams; oil of rosemary, 1½ ounces; oil of petit grain, 4 drams; tincture of ambreth, 1 ounce; tincture of orris root, 1 ounce; extract of orange water No. 1, 4 ounces; deodorized alcohol, 1 gallon; orange flower water. 1 quart.

FOUNDATION PRINCIPLES

First: When we undertake to fill your prescriptions, we give them our undivided attention and best care. The patient's welfare is our first consid-

Second: We guarantee our drugs to be of full strength as well as pure and fresh.

Third: Our customers are supplied with just what they ask for, substi-tuting is never allowed.

PAINE'S CELERY COMPOUND. If you are a sufferer from kidney disease, liver complaint, blood troubles, rheumatism, neuralgia or nervous prostration, we confidently recommend the use of Paine's Celery Compound. This reliable and neverdisappointing medicine is a true dis-ease banisher and system builder. We supply the genuine Paine Celery Com-

pound. C. H. Gunn & Co., Druggists, Chatham, Ont

An Early Astronomer.
Thales, born 640 B. C., was the first to note the four distinct divisions due to the position of the sun-namely, the solstices and the equinoxes. He also taught that moonlight was simply reflected sunlight and was the man who first made a prediction of a solar

It is a mistake to suppo candy will hurt children. If given to them just after meals and in reasonable quantities, it is a decided benefit ly digested nourishment, and pure can dy is a convenient means of giving i to them. Dr. Fothergill, a distinguished London hospital surgeon, has said sugar and grease, is an ideal preven tive for children of a consumptive tend

Nutrition For Nursing Mothers.

Malt **Breakfast Food**

Is a Marvellous Strength-Giver.

The large majority of our Canadian medical men are convinced that Malt Breakfast Food is the best morning diet for nursing mothers, as it provides a full measure of nutrition for the maintenance of health, strength and vigor. Malt Breakfast Food wonderfully increases the quality and flow of milk. Malt Breakfast Food is the most easily and most rapidly digested of all cereal foods, and no other so largely contributes to the ored. The best way to clean them is to make a strong solution of saleratus in water, stand the fibures in it and throw the water over them. Places badly soiled may be rubbed with a soft cloth. Rinse in clean saleratus water and let them dry without wiping.

digested of all cereal foods, and no other so largely contributes to the health, comfort and happiness of mothers. Weak and frail women should use Malt Breakfast Food morning and night; it will quickly build them up, give them pure blood and a well regulated nervous system. Ask your Grocer for Malt Breakfast Food.

SWEEPING Bargain SALE

At WESTMAN BROS.

20 per cent. Discount

Off all JEWEL-BASE BURNERS AIR TIGHT and other HEATERS

Also off HORSE BLANKETS of all kinds, ROBES, GRAIN BAGS, STOVE BOARDS, LANTERNS. Don't forget the place for Bargains.

WESTMAN

Big Hardware and Implement House, CHATHAM

K&K K&K K&K K&K K&K K&K Weak, Nervous, Diseased Mens

Thousands of Toung and Middle Aged Men are annually swept to a premature grave irough early indiscretions and later excesses. Self abuse and Constitutional Blood Beases have rulued and wrecked the life of many a promising young man. Have Constitution of the later o

cured of Consumption. I have sent them many patients, all of whom were cured. Their New Method Treatment supplies vigor, Vitality and manhood."

Consultation Free, Books Free. Write for Questies Blank for Home Treatment.

Drs. Kennedy & Kergan, 148 Shelby Street, Detroit, Mich. K&K K&K KAK KAK KAK

A Glance :: Through Our Store

Offers many suggestions to parents and friends for the remembrances so appropriate for Holi-

The Bethrothal Ring, so interesting, should hold a gem of the "first water." None other would be given on this occasion. If selected at our establishment it carries the assurance.

Our prices are low as is consistent with good quality and we are always anxious to please

Come in and test our Merits.

JORDAN SIGN OF BIG CLOCK.

WILSO
tors,
Courte la
prates
thew
J. M

SMITH

v. F. etc. tibe More

otto.,

‡ T

DR FIFT

Surg will Satu Satu Satu Iy fit -

Pa