

**LOUS ASTHMA**

For 15 Years Until He Built-a-Lives



WHITE, Esq.

CH AVEN., TORONTO, Dec. 22nd, 1913.

great sufferer from a cold of fifteen years ago, I began the use of Fruit-a-Lives. These wonderful little pills of Indigestion, and the use of same, I suffered with that Asthma, thanks to which are worth their weight in gold to anyone suffering as I was. I am now a healthy man, and I can recommend them to all who are suffering from Asthma, caused or aggravated by Indigestion.

D. A. WHITE

Hay Fever, for any nervousness, indigestion, and faulty Digestion take "Fruit-a-Lives". 2.50, trial size, 50c. from Fruit-a-Lives.

**TIES.**

**No. 17 C.O.F.**

Regular meetings on the second and fourth Mondays of each month at 8 o'clock. Court Room over pleford's store, Main Street, Watford.

Smith, C. R. J. Collier, F. Sec.

**Y FARM FOOD**

Cattle  
Poln Sheep  
Proprietor Ontario

**TRAIN LIST.**

ADVOCATE AND	TIME
Weekly Star	\$1 85
Empire	1 85
Advertiser	1 85
Advertiser	1 65
Advertiser	2 00
Advertiser	1 40
Advertiser	1 85
Advertiser	1 85
Advertiser	2 35
Advertiser	3 00
Advertiser	3 00
Advertiser	4 00
Advertiser	4 00
Advertiser	4 75
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**RAILWAY SYSTEM**

Station follows  
BEST  
8 44 a.m.  
2 55 p.m.  
9 09 p.m.  
AST  
7 43 a.m.  
11 02 a.m.  
3 00 p.m.  
6 16 p.m.  
Agent Watford

**ABLE.**

Station follows  
BEST  
8 44 a.m.  
2 55 p.m.  
9 09 p.m.  
AST  
7 43 a.m.  
11 02 a.m.  
3 00 p.m.  
6 16 p.m.  
Agent Watford

**Children Cry FOR FLETCHER'S CASTORIA**



**Your Floors Need Paint**

Paint preserves the wood. Paint keeps floors sanitary and healthful. Painted floors make the rooms bright and cheery. Painted floors are easily cleaned—a damp cloth keeps them free of dust and germs. Paint your floors and thus have them always Spic and Span.

**Senour's Floor Paint**

"MADE IN CANADA"

is all ready to brush on—anyone can apply it evenly and smoothly. And it gives a hard, durable, lustrous finish, that stays fresh and bright, and wears, and wears, and wears.

It costs less to use than other floor paint, because it covers more surface and wears longer.

We have Senour's Floor Paint in 14 beautiful colors, suitable for every floor in the house from kitchen to garret.

Come in for a color card, and a copy of our entertaining book, "The House That Jack Built". Written for children, but "grown ups" get a lot of fun out of it. Free to our friends.

J. McKercher, Watford, Ont.



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**J-M Asbestos Roofing**

begins to save money as soon as laid. It never requires painting, greveling or repairs and its white surface is not only attractive, but reflects the heat of the sun and makes buildings cooler in summer.

J-M Asbestos Roofing covers hundreds of the largest and finest buildings in all parts of the country. It is the ideal roofing for any building anywhere.

**GEO. CHAMBERS**

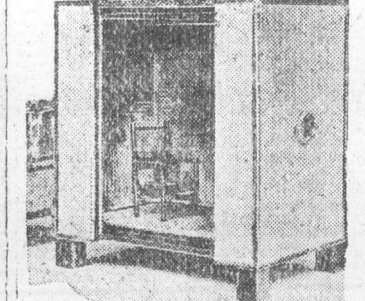
**ENERGY MEASURED**

"Respiration Calorimeter" Shows Many Improved Methods.

**ALSO VALUE OF FOODS.**

Complete Kitchen Sent by Department of Agriculture to San Francisco is Composite of Many Model Kitchens, Illustrating Convenient Arrangement.

A machine by which may be measured the amount of energy expended by housekeepers in doing various tasks in different ways is a feature in the department of agriculture's office of experiment stations. By this machine, which is called a "respiration calorimeter," many other experiments may be carried out, such as, for example, determining the relative values of various foods. The accompanying illustration shows a model of this machine, which the department has sent to San Francisco for its exhibit at the Panama-Pacific fair. Within is shown the chair where the subject of the experiment sits, and without are seen the various pieces of apparatus used in measuring and recording the energy expended by the body in doing various tasks and in collecting data in experiments regarding the relative value of foods, etc.



RESPIRATION CALORIMETER.

tasks and in collecting data in experiments regarding the relative value of foods, etc.

A complete kitchen with a real stove, refrigerator, sink, work table and other necessities has also been sent. This kitchen is not a model in the sense that every housewife is to try to make hers as nearly like it as possible, but is rather a composite of many possi-

ble model kitchens and is designed to illustrate various essential principles of convenient kitchen arrangement. The American housewife, for whose special benefit the model has been constructed, must judge from it what appliances and improvements in arrangement will best fit her peculiar household needs and those of her purse.

One general idea emphasized by the department's San Francisco kitchen is that the size of the ordinary kitchen should be small rather than large if the room is to be used only for the preparation of the meals. It should be as compact as possible to save traveling back and forth. The stove, table and sink should be as near together as is convenient, and the distances to supplies and the dining room or pantry should be short. On the floor of the model room the distances most commonly traveled in preparing and serving meals are indicated by straight lines.

"The fewer ornaments the better in a housewife's workshop" is the text of another lesson of this little exhibit. Corners are rounded; surfaces are plain; there are as few moldings as possible to catch dirt, which must be removed with so much effort. One feature is a table with legs that may be raised or lowered to suit the height of the worker.

The refrigerator as it stands would never in the world recommend itself to any thrifty housewife, for one part of it is lined with solid porcelain, another with enameled steel, another with zinc painted with enamel paint and another with unpainted zinc. However, this refrigerator preaches a sermon of its own, for the advantages and disadvantages of each particular lining are explained in labels attached. Each woman who reads may look for what suits her own refrigerator, and housewives from the north or from the south, from a high, dry region or a low, moist region, may each decide which feature is most adaptable for her own use and pocketbook.

A stew kettle is shown in several common materials in the model kitchen, but no particular make is recommended. The aim is to show sauce pans or kettles made of steel, aluminum, enamelware, copper and earthenware, and descriptive labels explain how each material excels in its own way and its disadvantages.

On the walls of the model are shown samples of the more common floor coverings and wall finishes, with labels setting forth the relative merits and drawbacks of each. Linoleum and oil-cloth have their strong points, and so

have tinted, painted and undressed wall surfaces. Varnished wall paper is good for some purposes and unvarnished for others.

**To Set Stencil Colors.**  
If you will press a hot flatiron over a pattern that has been stenciled you will find that it will make the color fast so that it cannot be washed out when the fabric is laundered. If you have mixed too much oil with the paints and smeared the fabric, place a blotter over the smear and press with a hot flatiron. The oil will have been absorbed from the blotter is lifted so that it is not noticeable.

**DOMESTIC TOPICS.**

Try having a supply of paper napkins and a roll of oiled paper on hand if there are school lunches to pack. The paper napkins save washing and the oiled paper keeps the lunch from drying out.

To make mock whipped cream use one cupful of milk, sweetened, and a scant teaspoonful of flour. Cook to a cream. Beat the whites of two eggs stiff, pour the boiling cream over them and beat for a minute or two.

Hard boiled eggs should be plunged into cold water as soon as they are removed from the saucepan. This prevents a dark ring from appearing around the yolk.

A thin coating of the best varnish twice a year will do much toward keeping the linoleum bright and shiny and preventing wear.

Anchovies may be used as a garnish for cold meats, and anchovies on toast furnish a nice relish.

Never pierce meat while it is cooking, thus allowing the juice to escape.

A sprig of parsley heated with canned peas gives them a fresh and delicious flavor.

As soon as macaroni has been drained and blanched by throwing it into cold water mix with a little butter to keep it from sticking together.

**HOUSEHOLD GENERALIZATION**

How to Get the Most Out of Your Income.

In the poor family the larger part of the income is spent for the household needs—food, service, laundry, clothes and household supplies. These lie in the woman's province, and it is therefore fairer for the man to lay aside such a sum as shall cover rent, insurance, heat, light and his own personal needs and bank the rest of the income in a checking account for his wife.

Rent in this land of high rents is often calculated at one-third of the income, but that is too large an obligation to assume, and one-fifth or one-sixth is the only safe reckoning.

Heat and light it is impossible to generalize about, as these expenses will depend entirely on how and where you live. If you live in an apartment you can afford a higher rent in proportion, as your heat will be provided. The heat and light bills are usually better left to the man to regulate and settle, as he is better fitted to cope with the furnace, and in the matter of using light men are naturally the more extravagant and careless. They should therefore have the payment of the bills and the understanding that that brings. Also in the matter of a mistake in the gas or electric meter a man usually feels that he is better able to attend to the subject than a woman.

Food, however, comes entirely in the woman's province, and too large a sum often is allowed for it. This is often not the woman's fault, but is due to the man's insistence on too much and too expensive meat. The man who thinks that he must have a roast, steak or chops every day is an impossible man to cater to economically or efficiently. A variety of cuts, fish once or twice a week and an occasional meatless supper or high tea for a change will keep the meat bill down most amazingly, and the careful and efficient housewife should have no difficulty in keeping her household bills down.

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**Timely Tip.**  
When choosing a cream consider the nature of your skin. If it is at all dry do not use a cream with peroxide in it. If, however, the skin is inclined to be oily get one with as little grease in it as possible.

Nights of Agony come in the train of asthma. The victim cannot lie down and sleep is driven from his brain. What grateful relief is the immediate effect of Dr. J. D. Kellogg's Asthma Remedy. It banishes the frightful conditions, clears the passages, and enables the afflicted one to again sleep as soundly and restfully as a child. Insist on the genuine at your nearby druggist.

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SPASMODIC CROUP ASTHMA COLICUS  
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Est. 1879

A simple, safe and effective treatment avoiding drugs. Vaporized Cresolene stops the spasms of Whooping Cough and relieves Spasmodic Croup at once. It is a boon to sufferers from Asthma. The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy; soothes the sore throat and stops the cough, assuring restful nights. It is available to mothers with young children.

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