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Do you endure the misery of Asthma with sleepless nights, difficult breathing and loss of strength? However bad your case, quick relief is guaranteed by the use of

TEMPLETON'S RAZ-MAH CAPSULES.

This preparation is the result of years of experimenting and study. Thousands have derived the greatest benefit through its use. Write for free sample to Templeton, 142 King St. W., Toronto.

Sold by reliable druggists everywhere for \$1.04 a box.

Right Way to Boil an Egg

There prevails a general fallacy that it is as easy to boil an egg as to boil a potato! A premise like this falls because it is not easy to boil a potato. And when it comes to boiling an egg that is strictly a matter of temperament. The cold blooded man, the man who never reads poetry or always fails to comprehend poetry, fails dismally when he tries to boil an egg. Also the highly emotional man whose feelings carry him away is apt to fail.

The egg, it will be universally admitted, is the most delicate of breakfast foods and requires careful handling. A crack, even the most insignificant crack or split in the shell, unfits it for boiling. Out of this tiny crevice all that is worthy in the egg will ooze and cook in a stringy, unpleasant mess utterly unfit for the human stomach. It is therefore advisable to study the surface of the egg you mean to boil before boiling it.

There are certain hard and fast rules that need to be observed, even when the egg is to be boiled in a vulgar way. One of these is that it must be dropped gently into the water. It should be laid in tenderly, whether the water be hot or cold. Most eggs resent being hurried into water.

Here at the outset arises a vexed question, one which has been debated for centuries, ever since there was a hen to lay an egg in fact. This question is whether it is better to boil the egg in water that is already at the boiling point or immerse it in cold water and let it boil along with the water. Both schools have their adherents.

Time is certainly saved by setting the egg to boil in water that is already boiling, but the result is inferior. The egg gets boiled to be sure, but the yolk of it is apt to be hurried in so rude a manner that it runs unattractively into the white or albuminous portion of the egg.

To insert the egg in cold water and boil both water and egg is by far the most artistic method and is said to improve the flavor of a new laid egg. It is taken for granted that this recipe shall be applied only to new laid or fresh eggs. Otherwise the result is not satisfactory.

Having provided for these preliminaries, it is now time to itemize the process of boiling the egg.

First, water from the faucet (cold water faucet understood) having been put in a small receptacle like a saucepan the egg is inserted therein by hand and the flame of a gas burner is adjusted so as to warm the bottom of the saucepan. Many cooks prefer to cover the saucepan, but these cooks are not born cooks, for having covered up the pan below it is possible to study the egg in its broiling process and determine to an infinitesimal portion of time when the egg is properly cooked?

Leaving then the egg in the water uncovered by a tin or aluminum top for the gas flame to affect the water (and at the same time the egg), it is possible to attend to light culinary duties such as washing up a dish or two left over from the preceding breakfast or breakfasts while the water and the egg are getting ready to boil. But do not think it possible to turn the water on in the bathtub and take a bath before the egg is boiled. If this is attempted the egg is sure to be too hard.

When it is noticed that the water begins to curl around the edges of the saucepan then the process of boiling has begun and if it is desired to have a soft boiled egg the latter may be extracted from the sauce pan. Do not pick it out with the hand, for in going so one is apt to drop the egg and

smash it on the floor. A big spoon of the table variety will aid in the deft extraction of the egg.

For a four minute period the water should be permitted to boil until it starts to make fascinating little leaps as if trying to get away from the heat. The egg, too, will start to whirl round and round like a soul in torment. It is now boiled as the egg connoisseur likes his eggs. Remove it in the same way.

Holding the egg carefully by the fore and aft ends in one hand, with it through the middle with a knife, permitting the contents to flow or roll into a cup set to catch them. If the yolk has turned by the action of the heat to a bright yellow, the egg is properly fitted for eating; if it shows a dark or blood red tinge it should be submitted to the test of smell.

Then cut a melon and eat a slice and finish dressing.

Help for Asthma. Neglect gives asthma a great advantage. The trouble, once it has secured a foothold, fastens its grip on the bronchial passages tenaciously. Dr. J. D. Kellogg's Asthma Remedy is daily curing cases of asthma of long standing. Years of suffering, however, might have been prevented had the remedy been used when the trouble was in its first stages. Do not neglect asthma, but use this preparation at once.

The Most Ancient Egg.

Just before the war began, during excavations in the ancient Moguntia, under the auspices of the Archaeological Society of Mayence, there was found a hen's egg which was estimated to have lain buried in the earth for something like nineteen centuries.

Moguntiacum was built by Drusus, the son of the Roman Emperor, Augustus, in the year 14 B. C. Upon the site of the ancient Roman castrum or encampment near the city the excavations in question brought to light many interesting relics, including some water cisterns of Roman make. It was in one of these below which was located some twenty feet below the surface, that a damaged Roman clay-pot was discovered, containing the shell of a broken egg and also a whole egg that had been kept from being smashed by a shred of the damaged pot, which covered it. The ancient egg was deposited in the municipal museum.

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surface of the System.

All Druggists 75c. Testimonials free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

E. J. Cheney & Co., Toledo, Ohio.

Science Jottings.

Among the Finns and Norwegians there are many women sailors.

Many of the ostriches of South Africa are hatched in incubators.

Efforts are being made to supply a demand for a small sporting aeroplane.

The Asiatic town of Malwatchi, on the borders of Russia, is peopled by men only. Women are forbidden entrance there.

An ocean steamer of the first class, going at full speed, cannot be brought to a halt in less than three minutes. In the meantime she will have traversed a distance of about half a mile.

During several months of each year some of the great rivers of Siberia are frozen solid to the bottom, but the fishes imprisoned in the ice maintain their vitality and resume their active life when the ice melts in the spring.

Sleeplessness.—Sleep is the great restorer and to be deprived of it is vital loss. Whatever may be the cause of it, indigestion, nervous derangement or mental worry, try a course of Parmelee's Vegetable Pills. By regulating the action of the stomach, where the trouble lies, they will restore normal conditions and healthful sleep will follow. They exert a sedative force upon the nerves and where there is unrest they bring rest.

The Lerot and the Snake.

Every one has heard of the remarkable combats of the Indian mongoose with venomous snakes, in which little rikkittikkl-tavvi comes off victor. The fact that the mongoose invariably survives has led to the suggestion that it is immune to snake poison. Other animals said to be immune are the pig and the hedgehog.

The experiments of a British naturalist show that an animal of the Jormouse family must be added to the list of the immune. This animal is known as the lerot and is said to fight fiercely with vipers. Large doses of viper's poison were injected into one lerot, from which injection no ill effects followed. On one occasion a lerot was badly bitten in the eye by a viper and no signs of poisoning followed.

VERY QUEER.

(Answers.)

Ethel: "What did father say when you told him you wanted to marry me, Edward?"
Edward: "A very queer thing, darling. He asked me if there was any insanity in my family."

A Budget of News From the Old Land

Married women teachers will no longer be employed by Glamorgan County Council.

After six months the Postmaster-General hopes to reduce the fees on the London-Paris air mail service.

During the current financial year £71,500,000 is being expended in war gratuities, Mr. Churchill states.

Lloyd's oldest member, 65 years' standing, Mr. L. C. Wakelield, has died, aged 88, at Westbourne-terrace, W.

Formerly vicar of St. Stephen's, Birmingham, the Rev. Frederick W. Chambers has entered the Roman Catholic Church.

Ships using the port of London in the seven months to October 31 had a tonnage of 10,363,239, the figures for Liverpool being 9,249,957.

The erection of a national memorial in recognition of the great work of our heroes in the war is not favored by the Government, the Premier states.

Mrs. Elizabeth Owen, Moelre, Anglesey, has reached her 100th birthday, Sir Owen Thomas, M. P. for Anglesey, sent her a letter of greeting in Welsh and English.

At Henley-on-Thames a plane-tree, or "tree of heaven," as the species is called, and said to be the finest specimen in the country, has been uprooted during a heavy gale.

Sir John Leigh has handed Mrs. Lloyd George £5,500 for hospital work in Carnarvonshire—£5,000 for an endowment for Llandudno Hospital and £500 each as gifts to Bangor and Carnarvon Hospitals.

A Barnsley landlord, Frank Rowley, of the Mons Arms, fined £3 and costs for not exhibiting Liquor Control Board notices on selling prices, said customers had torn up the notices to light their pipes with.

One of two prisoners who, handcuffed together, escaped from a police escort near Smethwick was arrested at Wolverhampton. On escaping the men swam the canal, filed their shackles, and got new clothing.

Covent Garden Opera House was one night transformed into a great ballroom for the grand opera ball, which was organized to establish a fund of £10,000 for the permanent foundation of English opera.

Two small sketches by Mr. G. E. Marston shown at the exhibition of the Royal Society of British Artists in London, were carried by him for six months in the Shackleton Antarctic Expedition and protected from damp by the warmth of his body.

To secure closer working between trade unions and to prevent unauthorized strikes the first meeting of the National Federation of General Workers was held at Chandos street, S. W. Seven trade unions, representing 2,000,000 workers, are affected by the movement.

For the 96 great towns of England and Wales the births registered of Nov. 30 week numbered 9,560, and corresponded to an annual rate of 27.0 per 1,000. The deaths among this civilian population alone numbered 4,403, and corresponded to an annual rate of 13.8 per 1,000 of their aggregate civilian population, which is estimated at 16,577,344 persons in the year 1917.

A Liverpool disabled ex-soldier has received £50 from a Liverpool bank for returning to them a lost registered letter containing £400, says the Liverpool Echo. The man found the package in the mud, with the envelope torn open sufficiently to show the value of the contents, and it is thought the original finder had been disturbed.

Two army appointments of 61 months ago have been gazetted. Twins, brother and sister, have celebrated their 60th birthday in Bristol.

Lady Grosvenor has been appointed a Lady of Justice of the Order of St. John.

Aberdeen properties of the Marquis of Bute chiefly town, have been sold for £274,000.

Glamorgan County Council has decided to dispense with the services of married women teachers.

In memory of the 609 officers and men of the Royal West Kents killed in the war, a cenotaph will be erected in Maidstone.

The death has occurred at the age of 88, of Mr. William Craik, of Dalkeith, probably the oldest clockmaker in Scotland.

The Home Office estimates the cost of raising all the pensions of London ex-politicians to the present rate of pensions at one million pounds.

Henry Lewington, whose death has taken place at Diddot, Berke, at the age of 89, leaves four children, 68 grandchildren and 28 great-grandchildren.

Formerly M. P. for East Finchley, 1885-1887, and for Brentford, 1889-1906, and original and senior alderman, Middlesex County Council, Mrs. Jas. Bigwood has died.

A man, aged 90, who came from

Gundie, Northants, has died in an asylum, of which he had been an inmate for 50 years. During this time he cost the Oundle Union over £1,000.

At the West Lothian Colliery, Mr. Andrew Falconer, underground manager, fell off a scaffold in the shaft into a considerable depth of water at the bottom of the pit and was drowned.

Mr. William Langmead, for many years a well-known agriculturist and grazier in the West of England, where he farmed at Bovey Tracey, and later in Sussex, has died at Littlehampton, aged 84 years.

A glass-making factory on a large scale will shortly be started in South Staffordshire. It will be controlled by a syndicate which holds a patent for rapid production in large quantities at cheap rates.

The Rev. A. W. T. Perowne, Archdeacon of Plymouth, will be the first Bishop of Bradford, aged 52, he is a son of a former Bishop of Worcester and was educated at Haileybury College and King's College, Cambridge.

Miss Dorothy Travers, of St. Peter's Park, Paddington, has been in receipt of a pension from the Royal Hospital and Home for Incurables, Putney, for 55 years, and Mr. James E. Lawrence, of Wood Green, for 52 years.

Appearing for her husband at Wood Green Police Court, a woman was asked what he had told her to say. "I had to plead not guilty," she answered. "Anything else?" "And pay the fine," she added.

The death has occurred at the Horseshoe Cloisters, Windsor Castle, of Mr. David Humphreys, who was for nearly 30 years lay clerk at St. George's Chapel, Windsor Castle. He was a member of the Royal Windsor Glee Singers' Quartette.

Rabbits shown by Princess Mary won two first prizes and a second prize at King's Lynn.

Alderman Thomas Smith, a former Mayor of Leicester, has died at Leicester, aged 71.

Ex-soldiers at Bangor Training Centre have just completed a pair of shooting boots for the Prince of Wales.

Mr. A. W. Richards, for 45 years a headmaster at Sheerness and Queenborough, will retire.

"Jutland Jumbo," the famous bulldog which was present at the battle of Jutland, has died.

The Rev. William Brock, from 1861 to 1905, pastor of Heath Street Baptist Chapel, Hampstead, has died, aged 89.

Lebor municipal successes and fears of further rate increases have led to a branch of the Middle Classes' Union being formed at Coventry.

Swansea finance committee has decided to recommend the purchase of the whole of the Duke of Beauford's rights on Swansea sands for £10,000.

A set of English tea caddies in ivory, tortoiseshell and mother-of-pearl has been presented by Mr. Thomas Sutton to the Victoria and Albert Museum.

The Lady Chapel once attached to Priory Church, Workop, Notts, is to be rebuilt as a war memorial. It was erected by the Lady Maude de Furnival about the middle of the thirteenth century.

The first two British officers to be given commissions in the Polish army are Lieut. J. F. D. Tanqueray, D. F. C., and Lieut. L. S. Woodhouse, Croix de Guerre. Both were in the Royal Flying Corps during the war.

Members of the Blyth Discharged Soldiers' and Sailors' Federation have returned their invitations to the local "Welcome Home" dinner because no provision has been made for dependents of fallen men.

Rev. Stephen Stott, aged 75, who was vicar of Flimby, Maryport, for 44 years, has died. It is said locally that the death of Joseph Bownes, the vicar's warder for 36 years, with whom he had a great friendship, "broke the vicar's heart."

As a result of a pen from a peashooter striking her in the face, Mrs. Jessie Archer, 56, of Lollard street, Lambeth, South London, died from shock.

Toxes on the Inverness mountains having killed many sheep, shepherds are shooting them.

At Oxwich, near Swansea, Mrs. Ayng, a coast-guardman's widow, has died in her 101st year.

Wood worms have eaten to a shell a large beam supporting the turret of St. Helen's Church, Bishopgate, E. C. At Lincoln Lady Baker, wife of Judge Sir George Sherston Baker, and holder of the Croix de la Reine Elizabeth for helping Belgian refugees, has died.

The body of a man which was taken out of Barry dock and placed on the quay for identification, slipped into the dock again and has not been recovered.

Guy's Hospital Court has accepted the resignation of Sir Cooper Perry as superintendent from Jan. 31 next, and elected him a governor of the corporation.

To bring the cost of handling coal at Greenwich electricity station from 1s. 2d. a ton to 8 1/2d. the L. C. C. has prepared a scheme for installing carrying plant.

Discussing profiteering at Rochford, Essex, Rural Council, Mr. Cocks said that on going to use a "nutmeg" bought at Southwood he found it was a wooden one.

The Bishop of Ripon, Dr. Drury, has

accepted the mastership of St. Catherine's College, Cambridge, to which is attached a canonry in Norwich Cathedral, says the Yorkshire Post.

The Vickers-Vimy-Rolls-Royce aeroplane in which Sir John Acock and Sir Arthur Whitten Brown crossed the Atlantic is to be given to the New Science Museum, South Kensington.

Dame Helen Gwyane-Vaughan is a candidate for the chair of botany in the University of Aberdeen, where she was examiner in botany for four years before becoming chief controller of the Q. M. A. A. C. in France.

In all infantile complaints that are the result of the deprivations of worms in the stomach and intestines Miller's Worm Powders will be found an effective remedy. They attack the cause of these troubles, and by expelling the worms from the organs insure an orderly working of the system, without which the child cannot maintain its strength or thrive. These powders mean health and improvement.

Largest Statue in the World.

It is reported from Japan that there is being carved there the largest statue in the world. It is a resubstant effigy of Nichiren, a Japanese patron saint, cut from a natural granite rock on a hillside in the Island of Ushigakubi, or the "Cow's Head," in the inland Sea of Seto.

This stone image, it appears, will be 240 feet long, 60 feet longer than the sleeping Buddha at Segu, Burma, and considerably larger than the Sphinx in Egypt.

Nichiren, whose name means "Lotus of the Sun" was a religious teacher who lived during the thirteenth century. At one time he was condemned to death, but the hangman's sword, the Japanese say, "was unable to decapitate him." One of his present-day worshippers, a very wealthy Japanese, is bearing the expense of having the huge stone carved in honor of the saint.

'Tis a Marvellous Thing.—When the cures effected by Dr. Thomas' Electric Oil are considered, the speedy and permanent relief it has brought to the suffering wherever it has been used, it must be regarded as a marvellous thing that so potent a medicine should result from the six ingredients which enter into its composition. A trial will convince the most skeptical of its healing virtues.

Memorial to Roosevelt.

As a memorial to Theodore Roosevelt, a forest biological station, devoted mainly to the study of wild-animal life, has been established at the New York State College of Forestry, Syracuse University. This station is believed, says Popular Mechanic, to be the first of its kind to be established in the world. It is considered to be of great importance to foresters and zoologists, though it is a project in which many simply interested in the conservation of wild life feel concerned. A better knowledge of all kinds of wild animals, birds and fish is necessary, according to authorities, to enable law makers to pass suitable legislation for the protection and conservation of game. The idea of the biological station received in the indorsement of the ex-President before his death.

Recognized as the leading specific for the destruction of worms. Mother Graves' Worm Exterminator has proved a boon to suffering children everywhere. It seldom fails.

Inoculation for Measles.

There is a possibility that children may be made immune from measles by inoculating. The fact that children under six months of age seldom contract measles suggested to Mr. Charles Herman a few years ago the possibility of inoculating children to make them immune to that most infectious and most widespread of all diseases. The substance used was the serum or blood drawn from patients convalescent with measles or with the actual virus obtained from the nose and throat of those in the active stages. In the Providence city hospital 17 children who had been exposed to infection were treated and none of them developed measles. This, of course, is too small a number on which to base conclusive judgment, especially in a matter of negative evidence, but it is sufficiently encouraging to warrant further investigation.

Only the uninformed endure the agony of corns. The knowing ones apply Holloway's Corn Cure and get relief.

CONSIDERATION should not be made! CONSIDERATENESS CONSIDERED. "Have I not been a considerate wife?" she asked, reproachfully. "Considerate!" he exclaimed bitterly. "In what way?" "Has there ever been a night when you were out late that I haven't left the light burning for you?" "And you call that being considerate? You leave—but who pays the bills?"

People who live in glass houses shouldn't try to kill two birds with one stone.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 811 No. 2, 83; No. 3, 85 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MANUFACTURING CO., TORONTO, ONT. (Formerly Walker.)

Picking Out a Home

When I chose a "Home" I wanted a comfortable, healthy, and safe place for my family. I found THE WALKER HOUSE in Toronto in all respects. I should like to have a better showing than this. I have learned from experience that when buying a home, the quality is what counts. The amount you save is not so important.

"It is a standard for home happiness."

The Walker House (70) is the standard for home happiness. The Walker House (70) is the standard for home happiness. The Walker House (70) is the standard for home happiness.

THE WALKER HOUSE

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MURINE Resists, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they're Tired, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated. Safe for Infant or Adult. Use Murine often. Sold by all Druggists in Canada. Write for Free Eye Book. Murine Company, Chicago, U.S.A.