

Coughs, Colds, Bronchitis

If there is an ailment in the throat or chest, it is surely essential that the remedy be conveyed direct to the affected part. It is because the healing vapor of Catarrhzone is breathing into the sore, irritated throat and bronchial tubes that the balsamic fumes kill the germs and destroy the cause of the trouble. These are the reasons why Catarrhzone never yet failed to cure a genuine case of Catarrh, Asthma, Bronchitis or Throat Trouble.

The wonderfully soothing vapor of Catarrhzone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid, which goes merely to the stomach, and falls entirely to help the throat or lung.

Catarrhzone Just Breathe It

To permanently cure your winter flu, your coughs, sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhzone. But beware of the substitute. Large outfit lasts two months, costs \$1.00, small size 50c. Trial size 25c, at dealers everywhere.

How to Select Foods

If the housewife will group the various foods in her pantry, vegetable bins and refrigerator in to five simple groups and will see that foods from each of the groups appear in each day's meals she can feel sure that she is giving her family the eight different substances which the body needs for well-being. This grouping will help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided or incomplete. It will enable her to determine whether the meals supply all the different materials needed and will prevent substituting one food for another which has an entirely different use.

Group 1—Fruits and Vegetables. Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation and serve other useful purposes; and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Foods depended on for mineral matters, vegetable acids and body regulating substances: Fruits—Apples, pears, etc., berries, oranges, lemons, etc.; bananas, melons, etc.; Vegetables—Salads, lettuce, celery, etc., green peas, beans, etc., tomatoes, squash, etc., pot herbs, or greens, potatoes and root vegetables.

Group 2—Meat and Meat Substitutes. These are sources of an important body building material, protein. In the case of children part of the protein food should always be whole milk. Foods depended on for protein: Milk, skin milk, cheese, etc., poultry, eggs, meats, fish, dried peas, beans, cow-peas, etc., nuts.

Group 3—Foods Rich in Starch. Cereals (wheat, rice, rye, barley, oats and corn) and potatoes (white and sweet). Cereals come next to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals.

Foods depended on for starch: Cereals, grains, potatoes, cereal breakfast foods, bread, macaroni and other pastes, crackers, cakes, cookies, starchy puddings, etc., potatoes and other starchy vegetables.

Group 4—Sugar. Unless some of the fuel is in this form the diet is likely to be lacking in flavor. Foods depended on for sugar: Sugar, molasses, syrups, honey, candies, sweet cakes and desserts, fruits preserved in sugar, jellies and dried fruit.

Group 5—Foods Very Rich in Fat. These are important sources of body fuel. Without a well-oiled diet the food would not be rich enough to taste good. Foods depended on for fat: Butter and cream, lard, suet and other cooking fats, salt pork and bacon, tallow and salad oils.

Some food materials really belong in more than one group. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose and body regulating substances for which they are especially valuable; and most meat supplies fat as well as protein. But these given above show some of the common food materials arranged in these five groups, according to their most important nutrients. Thinking of foods as belonging to these groups should help to prevent two mistakes: substituting meats that have not sufficient variety and that of cutting down in the wrong places when economy either of time or money is needed.

The groupings will help the housekeeper who wishes to save money or

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness and was so bad I could not rest at night—I would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZ, 608 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I can't sleep," or "It seems as though I should fly." Such women should profit by Mrs. Sultz's experience and give her famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For forty years it has been overcoming such serious conditions as displacements, irregularities, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

time to simplify her meals without making them one-sided or incomplete. For example, from these groups the housewife who has been serving bread, potatoes and rice, or hominy in one meal will see that one or even two may be left out without omitting any important nutrient. They will show her that a custard that is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, and that a child does not need milk at the same meal with baked beans or other legumes or thick soups made of legumes and substitutes for meat rather than foods to be eaten with meat.

If by studying these groups the housewife finds that she has provided these building protein (group 2) and the necessary starch (group 3) and body regulating materials (group 1) she may safely build up the bulk of the diet from any materials from the other groups that seem economical, wholesome and appetizing.

This method of planning prevents substituting one food for another which has an entirely different use. The economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

THESE GOOD TIMES.

People Have Many Luxuries of Late Years.

"Have you ever thought of the fact," said the middle-aged man who always takes the same table in a little restaurant in Herald square, according to the New York Herald.

Minard's Liniment Co., Limited.

Gentlemen.—In July, 1915, I was thrown from a road machine, injuring my hip and back badly, and was obliged to use a crutch for 14 months. In Sept. 1906, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely, MATTHEW J. BAINES, MARK

"That as regards inventions and discoveries the last twenty-five years are the richest and most momentous in all the world's history? Of course you haven't. We take all such things so lightly. When I was a boy we had no motion pictures to entertain us, and the only amusement we had was to be taken occasionally to a dime museum or a Punch and Judy show."

"Just think of what the children now have compared to that. We used to ride in dingy horse cars, with straw on the floor in winter and little stove in the corner. And it was impossible to read in those cars by the flickering oil lamps. Now, just let me give you a list of a few things that make for our comfort, convenience and entertainment to-day—all of which have come to us within a quarter of a century. Here they are:

"The electric light, the telephone, the automobile, the electric car, the motion picture, the phonograph, the airplane, the subway, the tubes under the rivers, the typewriter, duplex telegraph, wireless telegraphy, the air-brake, the typesetting machine, the color press, sanitary plumbing and a bathtub in almost every home, antiseptics and marvelous advances in photography. Now, my friends, think this over and you will be amazed how much farther advanced this generation is and what comforts and advantages we enjoy to which we give so little thought. Surely we have reason to be thankful."

Well Satisfied With BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results. The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont."

Share and Share Alike.

The Russian revolution was not without its lighter side, as the following account of what happened in Petrograd will show:

A woman communist was holding forth, asserting that all were equal and all wealth should be divided equally. On this a man in her audience produced a coin amounting to one penny and one-half from his pocket. "I agree with you," he remarked. "You have convinced me."

Turning to a bystander he asked him to change one of the pieces for him. He obtained two notes.

"This is all the money I possess," I will have it with you," and he held out the seventy-five cents. She had to take it, and was about to commence her oration again when her questioner continued: "No, no. How much have you in your purse? We must now divide that, since we are to share equally in our wealth." Reluctantly she produced her purse. It was open and found to contain twenty dollars. The man pocketed ten dollars of this, thanked her for her interesting lecture and withdrew.

Minard's Liniment Cures Distemper.

Seven Stages of Marriage.

"There are seven stages of married life, just as there are seven ages of man," is the united verdict of an octogenarian couple who have just celebrated their diamond wedding. First, there is the period of sentimentality, which comes to all healthy-minded boys and girls; it is the first stirring of new desires for a new and splendid life.

"Second, there comes the romantic period, which is a more advanced stage than of purely sentimental.

Complete School Set—25 Pieces FREE TO BOYS AND GIRLS

Complete School Set—25 Pieces FREE TO BOYS AND GIRLS



HOMER-WARREN CO.

Dept. 56, TORONTO

This outfit contains: 1. School Case, 2. Japanese Pencil Box, 3. Special Drawing Pencil, 4. Compass, 5. Rubber Tipped Drawing Pencil, 6. Metal Cased Lead Pencils, 7. Pen Points, 8. Box Crayons, 9. Eraser, 10. Box Paints, 11. Paint Brush, 12. Patriotic Blotter, 13. Book of over 250 Transfers, 14. Packages Union Jack Flag Stickers so that you can put the flag on your school books, letters, etc.

We will give you this whole 25-piece outfit free of all charge if you will sell just 20 packages of our lovely embossed 'Hallowe'en, Birthday and Xmas Postcards at 10 cents a package (8 lovely cards in each package).

Send us your name and we will send you the cards to sell. When sold send us the money and we will send you the whole outfit. Address:

With the third comes disillusion. It is not necessarily tragic. The man realizes that his wife is just a woman, and this 'disillusion' often brings more solid happiness to the husband than he could ever have hoped for from the ethereal vision he once had.

"The fourth is the period of patience. Each has got to adapt himself and herself to the new view of each other."

"Fifthly, there is the period of reformation. The callow ideas of youth fade away and the real man and the real woman emerge."

"The sixth period is a period of contentment; each has become vital to the other."

"Lastly, there is the period of romance. We have been married sixty years, and we can often see more romance in looking back than in looking forward. The best rises to the mind, and can dwell on many happy recollections."

Minard's Liniment Cures Colds, etc.

TIMELY RECIPES. INDIAN PUDDING.

An old-fashioned Indian pudding served with cream is delicious enough for the veriest epicure. Here is a long-tried rule: Mix four cupfuls of boiling milk, a cupful of molasses, two level tablespoonfuls of sugar, a quarter of a cupful of cornmeal, a tablespoonful of flour and a little salt. Let this mixture simmer over the stove for about half an hour, stirring

often enough to keep from burning and lumping. At the end of this time stir in a cupful of cold water, turn into a baking dish and bake for two hours.

STUFFED HAMBURG ROAST. Two pounds Hamburg steak, one teaspoonful poultry dressing, two teaspoonfuls salt. Mix well and form into loaf. Remove the centre and fill with any desired dressing, covering stuffing with meat. Brown each side of loaf in hot pan. Add a little water. Put thin slices of onion on top of loaf, cover and bake thirty or forty minutes. Remove the loaf from pan, add water enough to brown gravy, make two cups, four tablespoonfuls flour and one-half teaspoonful salt.

SPANISH BEANS. One and one-half cups red kidney beans, one cup strained molasses, one-eighth teaspoonful soda, one small pepper, two ounces fat salt pork, two teaspoonfuls salt, one small onion. Soak beans over night, drain, cover with water, add soda, boil fifteen minutes, drain. Add diced pork, strained and stewed tomato, seasonings, and water to barely cover. Simmer gently for eight or ten hours.

MAPLE SPONGE. Soak two tablespoonfuls granulated gelatine in one and one-half cups cold water ten minutes. Put two cups brown or maple sugar and one-half cup hot water in a saucepan, bring to the boiling point and let boil for ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when near-

ly set add whites of two eggs, beaten until stiff and one cup chopped nut meats. Turn into mould first dipped in cold water and chill. Serve with a custard made from the yolks of the eggs, sugar and a few grains of salt, milk and flavoring.

PASTES.

Practically all fruits may be used in making pastes, and some of the best flavors are obtained by mixing quite similar to the making of leathers. The fruit pulp is boiled down, sugar added, and the resulting mixture partially dried.

Start the fruits boiling with a little water; cover them tightly, and steam slowly until enough moisture collects to allow them to cook slowly without burning. Turn out, drain the cooked pulp through a sieve, return to the fire and cook until it is very thick. Weigh the pulp, and add half its weight in sugar. Then boil until the paste is so thick that it will not run together immediately when a spoon is passed through it. Dry as fruit leather is dried, cut in fancy shapes, dip in sugar and pack away. Fancy pastes and bonbons are made by adding finely cut citron and candied peel, or by arranging different pastes in layers when nearly dry, cutting in half-inch strips and drying more thoroughly.

This being of mine, whatever it really is, consists of a little flesh, a little breath and a part which governs.—Marcus Aurelius.

DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same

SPHON'S COMPOUND.

will do both—cure the sick and prevent those "exposed" from having the disease. Sold by your druggist or the manufacturers, Sphon Medical Co., Mfrs., Goshen, Ind., U.S.A.

CROSS-ROAD BURIAL.

How Suicides Came to Be Interned There.

In pre-Christian days, suicides were terribly frequent, and it was generally agreed that a man might escape the burden of life in this manner, without discrediting his memory. Christianity with its higher code of morals, taught the wickedness and cowardice of self-murder, in the strongest terms. When consecrated churchyards were set apart as the resting place of the Christian dead, it was felt that those who died in deadly sin, in flagrant rebellion against their Maker, had cut themselves off from the faith, and had no right to await the resurrection with faithful Christians. They were believed to have put themselves out of society, and to have forfeited their right to share its burial privileges. In those early days, before churches could be built, it was the rule to preach and conduct divine service at the cross-roads. Wooden and afterwards stone crosses were erected to mark the situation where services would be held. Some of these have been preserved to this day, being monuments erected to the dead, or dedications of thanksgiving. Since suicides might not be buried in the churchyard or other consecrated ground, pity suggested that the next most holy spot was the ground near

the old cross, where service had once been held, and was then held. They buried the poor suicides there, because they were unwilling to relinquish hope for them. Afterward, for the sake of greater publicity, the gibbet and the gallows were set up at the crossroads, and criminals were buried beneath them after their execution. The law decreed that suicides should lie with these criminals, in order to mark the detestation in which the crime of self-murder was held. And so what was once a signal of Christian hope and charity, became a legal indignity imposed upon the dead bodies to mark an immensely serious breach of the law of the country.

Explaining Falling of Leaves.

The shedding of leaves in autumn may be due to physiological drought. The soil contains sufficient moisture, but the temperature of the soil may be too low to enable the trees to absorb it. "June drop" of oranges and many similar losses may be due to similar causes.

Measure Your Neck Before and After Taking

Go-Solve and you will be surprised at the reduction in the size of your goitre after taking the first bottle of a monk's famous remedy.

GOITRE

Send for free booklet, which explains what this medicine has already done for other sufferers and how you can successfully treat goitre in your own home.

THE MONK CHEMICAL CO., LIMITED.

43 Scott Street, Toronto, Ont.

WRITE FOR BOOKLET "E."

Preserving Chilkat.

The phonograph has been requested to preserve the tribal language and the folk songs of the Chilkat Indians of Alaska. Louis Shorridge, a member of that tribe, has recently returned to the United States after an absence of four years in Alaska. In the interests of the University Museum at Philadelphia, Pennsylvania, he has devoted this time to studying the language, traditions and customs of his people, as well as to collecting their folk songs. Shorridge is the first Indian sent on such an enterprise. He has brought back many phonograph records of the Chilkat folk songs and ceremonial chants. Some of these will be transcribed into musical scores. The Chilkats rapidly taking on the ways of civilization, and but for the work of Shorridge, their native folk songs might have completely disappeared in time. The Chilkats are fortunate people. What would many give to have a phonographic record of English as spoken in the days of Chaucer, or the French of Moliere's time.

Little Things That Count.

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses and small kindnesses, given habitually, are what win and preserve the heart and secure comfort.

CATARRH

COUGHS STOP, COLDS VANISH. TRY IT AT MY RISK.

New, marvelous way to treat Catarrh, Coughs and Colds. Stops it ALMOST INSTANTLY—banishes that filthy, obnoxious hacking, spitting, sneezing, foul breath and its disgusting habits. You can stop it over night. TRY IT AT MY RISK.

It is JAN-O-SUN FOR CATARRH, COUGHS AND COLDS. You will say it is WONDERFUL, AMAZING, SUCCESSFUL, so surely does it act. DON'T WASTE TIME and money on useless methods. Don't suffer. TRY JAN-O-SUN AT MY RISK. Write to-day before you do another thing. Just say, "I want to try Jan-O-Sun."

JAN-O-SUN

32 St. Peter St. Dept. 122, Montreal, Que.

Two Canine Heroes.

Two French war dogs, which well deserve the honor, have had their names and numbers posted up at all the French army kennels for a deed of valor. The story is that, at the time of the German offensive, the dogs' keeper stayed in the rear to the very last moment, waiting for his dogs to return with an important message. When they did come, the only way left to escape capture was by swimming the Marne, and the man could not swim, so he coupled the dogs together, and clinging to their iron chain, was dragged across the river by them, the three escaping unhurt in spite of a rain of bullets from German rifles.

Minard's Liniment Cures Garget in Cows.

Chemistry.

The interest in chemistry and chemical products has greatly increased in Canada owing to the fact that this country had been forced by the war to depend upon its own resources in this direction. The following uses are described to take chemical products: In making soap and paper pulp, mercerizing cotton and purifying mineral oils, caustic soda is used; soda ash is necessary in the manufacture of soap and glass; silicate of soda (better known as water glass) is utilized in the manufacture of soap and in dyeing and printing calico, finishing cotton goods, preventing wood rot, bleaching jute and preserving eggs.

Minard's Liniment Cures Diptheria

ISSUE NO. 43, 1919

FARMS FOR SALE

123 ACRES—COUNTY OF YORK. Close to shipping points, school and churches; good land, buildings, in good repair; five thousand. D. P. Hays, 110 Gardiner street, Hamilton.

VINELAND—THE LAND OF VINES. The garden of Canada, buy a farm or ten-acre fruit and poultry farm and live happy. See, phone or write G. W. At- nort, Vineland, Ont.

FARM FOR SALE—200 ACRES ON THE Grand River, 10 minutes' walk from Caledonia station and schools, including Collegiate; clay loam, slightly rolling, 8 acres bush, balance clear; 2 frame houses, large barn 40x100, stone foundation, nice assortment of fruit; can be sold with or without implements. Bargain for quick sale. J. D. Bigger, 286 Clyde Block, Regent 384, Hamilton, Ontario.

FOR SALE—FIFTY OR MORE GOOD farms in the counties of Waterloo, Wentworth, Wellington and other counties; some near the city of Galt. Yellow some beautiful homes in the city of Galt and some market gardens; all kinds of real estate. Apply to H. Patterson & Co., 8 Alnshire street, Galt, Ont.

10-ACRE FRUIT FARM, NEAR LAKE Ontario. A place with the best varieties of peaches, plums, grapes and cherries; good soil; frame house. For particulars, apply Box 5, Winona, Ont.

MISCELLANEOUS

A DOMINION EXPRESS MONEY Order for five dollars costs three cents.

HELP WANTED—MALE.

LOOM FIXER—FIRST CLASS MAN ON Knowles Cam Looms, working on blankets and heavy woollens. State full details of experience, age and whether married or single. Apply Slingsby Mfg. Co., Brantford, Ont.

FARMS WANTED TO RENT.

WANTED—FARM TO RENT, GIVE particulars, rent, etc.; also apply orchard wanted for this fall or more, with apples on it. P. O. Box 6, Hamilton, Ont.

HELP WANTED—FEMALE

WANTED—GOOD HOUSEKEEPER OR capable girl; excellent home and highest wages paid. Apply to Mrs. A. H. Torman, 80 Delaware avenue, Hamilton, Ont.

PROPERTIES FOR SALE.

FOR SALE—CHOICE HOTEL central; select; handsomely furnished; modern; hot water heated; doing a profitable business; a well-edged and ready-made practical business property at a right price; seventy-five hundred dollars; terms: 1-3 cash; balance, if desired, extending over 8 or 10 years; will not leave. Apply Box 751 Postal Station F, Toronto.

BUSINESS CHANCES

FOR SALE—HARNESS BUSINESS—good farming country; stock small; no opposition; land as leather machine, in good order; good reason for selling. Box 77, Ottaville.

SEED CORN

Finest grades; quality guaranteed; 8 Row Yellow Dent, Early Bantam Sweet, Dent, Golden Glow, Early Bantam Sweet, Large-eared Eureka Evergreen sweet corn; also perfection Bean and Timothy Hay. Buy direct from grower and save the middleman's profit. A. J. McLennan, R. R. No. 4, South Woodville, Ont.

EDUCATIONAL

PARK Business College

The school for best results.

72 James St. N., Hamilton, Ont.

Through courses—Shorthand, Clerical, Bookkeeping and Secretarial. Excellent opportunities for Public School teachers and High School graduates.

We give personal attention, individual instruction, and prepare our students thoroughly for superior positions.

In estimating value, you must consider service, quality and price—no price alone. It is not so much what you pay; it is what you receive, that is vital to you.

For full particulars, rates, etc., send for free Circular "A."

Write us to-day. New students enrolled every Monday.

The best is the cheapest in the end.

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HAMILTON, ONT.

The Apocrypha.

All the Old Testament apocrypha, fourteen in number, have been translated into English and are included as apocryphal books in some editions of the Bible. They were formerly printed under a distinctive heading between the Old and the New Testaments, and in that form can still be found in many of the family Bibles. They are always included in the so-called Septuagint, a version of the Bible used by the Greek church.

Where Service is not Sacrificed to Size

THE HOUSE OF PLENTY

Walker House

THE HOUSE

Minard's Liniment Cures Diptheria