

Gray's Syrup of Red Spruce Gum

Cures Coughs

GRAY'S SYRUP does that one thing, and does it well. It's no "cure-all," but a CURE for all throat and lung troubles. GRAY'S SYRUP OF RED SPRUCE GUM stops the irritating tickle—takes away the soreness—soothes and heals the throat—and CURES COUGHS to stay cured.

None the less effective because it is pleasant to take.
25 cts. bottle.

PRESIDENT
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A WESTERN BANK FOR WESTERN PEOPLE

In many quarters there is a prejudice against the West which is a decided handicap to the credit of Westerners as well as a positive hindrance to them in business. Needless to say there is none of this in a bank which is itself an entire Western Institution. The Northern Bank has every confidence in the West. The Northern Bank is for the West. The Northern Bank is the only bank with head office in the West. The Northern Bank has forty six branches and every one of them is in the West.

MAIL BANKING

You can do your banking with us by mail at our head office or any of our branches: Alameda, Brandon, Bismarck, Calgary, Dundurn, Edmonton, Fleming, Fort William, Glenboro, Glen Ewen, Langley, Langham, Melita, Morden, Moose Jaw, Prince Albert, Qu'Appelle, Regina, Saskatoon, Saltcoats, Stonewall, Sperling, Vancouver, Victoria, Somerset, and other places.

Remit by Post Office Order, Postal Note, Express Order, Registered Letter, or personal Cheque to Head Office, or any branch.

CAPITAL
AUTHORIZED

\$2,000,000

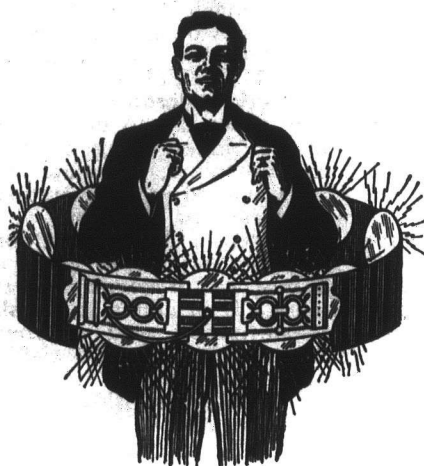
The Northern Bank

HEAD OFFICE - - - WINNIPEG

CAPITAL
SUBSCRIBED

\$1,500,000

STRENGTH FREE TO MEN



How to Regain it With- out Cost Until Cured.

Strength of body—strength of mind, Who would not possess it if he could? It is nature's greatest gift—our most valuable possession. Without this strength life is a failure, with it everything is possible. Almost every man was made strong, but few have been taught how to preserve this strength. Many, through ignorance, have wasted it recklessly or used it up excessively, leaving the body exhausted, the nerves shaky, the eyes dull, and the mind slow to act. There are thousands of these weak, puny,

broken-down men dragging on from day to day who might be as strong and vigorous as ever they were if they would only turn to the right source. Electricity cures these weaknesses. It gives you back the very element you have lost. It puts new life into the veins and renews the vigor of youth. For 40 years I have been curing men, and so certain am I now of what my method will do that I will give to any man who needs it my world-famed DR. SANDEN ELECTRIC BELT AND SUSPENSORY, FREE UNTIL CURED. You pay nothing down, you deposit nothing, you risk nothing; but upon request I will furnish you with the Belt to use, and if it cures, you pay me my price—in many cases not over \$5.00. If you are not cured or satisfied, return the Belt to me and that ends it.

As I am the originator of this method of treatment and have made it a great success, there are many imitators of my Belt; but my great knowledge, based upon 40 years' experience, is mine alone. My advice is given free with the Belt.

This offer is made especially to men who lack strength and vitality, who have drains, losses, impotency, varicocele, etc., but I also give my Belt on the same terms to sufferers from Rheumatism, Lamé Back, Sciatica, Kidney, Liver and Stomach Troubles.

Call or write for a Belt to-day, or, if you want to look into the matter further I have two of the best books ever written on Electricity and its medical uses, which I send free, sealed, by mail.

DR. W. A. SANDEN,

140 Yonge St., Toronto, Ont.

Hints for the Housewife.

Baked Sweet Apples.

Ripe sweet apples when baked slowly and eaten with brown bread and milk are a dish fit for a king and would be relished by any one.

Dried Sweet Corn.

Boil corn for fifteen minutes and when it is cool, cut from the cob with a sharp knife, drying on pans, granite if you have them. Dry in the sun if possible, stirring often.

Chicken Fricassee.

Cut up chicken and cook until nearly tender, then add a cupful of boiled rice and the same amount of minced bacon; continue the cooking until the bacon is tender, then serve with the rice as a garnish.

Grease for Working Boots.

A grease for boots which is said to prevent sore feet entirely is made of four parts of lard, four parts of olive oil or cottonseed oil and one part of raw rubber (caoutchouc). These ingredients are melted together over a slow fire. Having moistened the sole of the boot with water, the boot is warmed in a stove or before a fire and smeared over with the compound. The boot is said to become soft, pliable, shining, waterproof and even more durable.

Ideas.

There is nothing nicer for cleaning potatoes, parsnips, carrots, turnips, beets, etc., than a small brush. A scrubbing with a brush removes more dirt than mere washing would do. The hands are saved from discoloration, and from much wear and tear.

It has been found that oatmeal furnishes earthy phosphates and other materials from which good milk is formed. It should prove the best food, when thoroughly cooked, for mothers who nurse their babies, supplying the best form of nourishment for the growing child, and providing for the inevitable drain on the mother's system during this period. Oatmeal should be eaten with cream or milk, but no sugar.

Here is a suggestion for a busy housewife: Have a comfortable chair for your own use with head rest, and use it as often as you can for rest only, with your hands dropped at your side, and your head thrown back. Place it in a cozy part of the room where the sunlight strikes.

Facts About Eggs.

Mrs. M. E. C. Bates, Traverse City, Mich., contributed an article on eggs and their uses to good housekeeping, receiving the first prize therefor in strong competition. The following extract from the article contains many valuable suggestions to housekeepers:

The yolk of an egg alone is better for invalids, and will be frequently relished when the white would be rejected.

When cream cannot be procured for coffee, the yolk of a soft-boiled egg is a very good substitute.

To prevent the juice of fruit pies from soaking into the bottom crust, wash the crust over with a beaten egg before putting in the fruit.

When making frosting in warm weather, set the whites of the eggs on ice for a short time before using.

If the eggs you have to use for frosting are not quite as fresh as you would desire, a pinch of salt will make them beat stiffer.

The white of an egg, an equal quantity of cold water, and confec-

tioners' sugar—XXX—sufficient to make it the required consistency, makes a frosting which is very nice, and as it requires no beating, is very easily made.

When beaten eggs are to be mixed with hot milk, as in making gravies or custards, dip the hot milk into the beaten egg, a spoonful at a time, stirring well each time, until the eggs are well thinned, then add both together; this will prevent the eggs from curdling.

It is often a question what to do with either the whites or yolks of eggs which are sometimes left over after making cake, frosting, etc. Either will keep well for a day or two if set in a very cool place—the yolks well beaten and the whites unbeaten.

Whites or yolks of eggs may be used with whole eggs in any cake or other receipt calling for eggs, counting two yolks or two whites as one egg.

Sort out the little eggs and keep them for settling coffee, using the larger ones for cake.

When eggs are cheap and plentiful in summer, wash all those used in cooking before breaking. Save the shells and when a quantity are dry, crush them fine, beat half a dozen eggs well and stir them into the shells. Spread them where they will dry quickly and when thoroughly dry put in a thin cotton bag and hang in a very dry place. In the winter, when eggs are scarce and dear, a tablespoonful of this mixture put in a cup, a little cold water poured over it and left to stand over night or for half an hour or so in the morning before breakfast, will answer every purpose of a whole egg in settling coffee.

Egg stains can easily be removed from silver by rubbing with a wet rag dipped in table salt.

An egg well beaten and added to a tumblerful of milk well sweetened, with two tablespoonfuls of best brandy or whisky stirred in, is excellent for feeble, aged persons who can take little nourishment.

Eggs are valuable remedies for burns and may be used in the following ways: The white of the egg simply used as a varnish to exclude the air; or, the white beaten up for a long time with a tablespoonful of fresh lard till a little water separates; or, an excellent remedy is a mixture of the yolks of eggs with glycerine, equal parts; put in a bottle and cork tightly; shake before using; will keep for some time in a cool place.

To cleanse the hair and promote its growth, rub the yolk of an egg well into the scalp, and rinse out thoroughly with soft warm water.

The eggs of the turkey are nearly as good as those of the hen, and those of the goose are about as preferable for most culinary purposes. Ducks' eggs have a richer flavor, but are not as desirable to eat alone; they are, however, as good for all purposes of cookery, and for puddings and custards superior to any.

Try This.

To keep silver bright without constant cleaning, which is injurious to the plated articles, dissolve a small handful of borax in a dishpanful of hot water with a little soap; put the silver in and let it stand all morning; then pour off the suds, rinse with clear, cold water and wipe with a soft cloth. Or, try a tablespoonful of ammonia in cold soap suds—about a teacupful—and polish with a soft cloth. Silver can also be polished by rubbing with oatmeal or a little baking powder. Egg stains can be removed from silver with a cloth dipped in salt water. Powdered charcoal gives the knives a fine polish if applied after they are scoured clean.

These two desirable qualifications, pleasant to the taste and at the same time effectual, are to be found in Mother Graves' Worm Exterminator. Children like it.