SUFFERED THREE YEARS Till Dr. Morse's Indian Root

Trade-inourchases store. 5.00 0.00 5.00

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s now for ready for prices:

S - This summer wool, in herring-42 inches ial value. ... 50c

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CHECK **DS** — We arly large popular rge, me-1 checks: cceptional 0c. 75c. \$1.25

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ich Serge 2.50 r Dresses 0.50

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THIS eekly will the

Tiomas . R. W. Dow, Met

In boxes 250.

USEFUL HINTS FOR HOUSEWIVES Hot cakes or bread will cut easily if the knife is made hot.

A piece of ham bone added to vege-table or stock soup will improve the flavor.

There are few diseases that cause more acute suffering than Kidney Trouble, and Mr. F. A. Thomas, of Sudbury Ont., is one of those who know it. He writes: "For over three years I suffered from kidney disease. First I thought I had sprained my back, for suddenly the pain would catch the small of my back and it would be impossible for me to straighten myself up for several minutes. A dull ache across the kidneys was always present, my urine was thick and cloudy, and passing it caused a burning, scalding pain. Tried medicines, but they failed, I was advised to try Dr. Morse's Indian Root Pills, as they had cured my wife years before. A few boxes affected a complete cure. I now enjoy the blessings of good health, which is due to this remedy."

If an oven is too hot, the tempera-ture may be lowered by opening the lid of the range a trifle.

To let vines climb up on wooden walls will seriously damage them, as it promotes decay.

mngs of governments, and the many of governments, and many of governments of gove Hardly any better dusting cloth can be found than the old-fashioned red bandanna hanckerchief.

A young rabbit can be easily known by its sharp claws and brittle jaw-bone. **NOVEL DISHES**

Eggs and fish have to a certain ex-Eggs and fish have to a certain extent gotten on one's nerves by the time Easter arrives, and new dainties in all courses are welcomed with hearty appetites. Especially young people are always bewitched to make candy, so it is about as well to have a few trusted recipes and let this form of amusement take up some of the spare time.

Butter Scotch.

One cup of molasses, one cup of

One cup of molasses, one cup of white sugar, half a cup of butter and half a cup of water. Cook over a slow fire until it comes to the crack, then sthe in a small half teaspoon of soda. Remove from the fire and pour into well-buttered shallow pans, and just before it sets mark in squares with a sharp knife.

Elastic stockings may be cleaned with hot flour. Rub it well in, and then brush off when cold.

When peeling apples, pour boiling water over them, and the process will be more easily carried out.

When making sweet croquettes, add a little sugar to the crumbs in which the croquettes are to be rolled.

Sould Mandout Allowitered shallow pans, and just before it sets mark in squares with a sharp knife.

Vinegar Candy.

Two cupfuls of white sugar, half a cupful of water and half a cupful of vinegar and a small plece of butter. Boil until a little dropped into cold water becomes brittle, add nuts of any kind, or, if preferred, it may be pulled until it is white.

Omelette Au Flame.

Beat six eggs very light with a sil-

Sewing machine needles may be used much longer if when the points begin to get dull they are rubbed on a piece of emery board.

After almonds are blanched and buttered they may easily be browned by shaking them over a fire in a cormpoper.

The paraffine paper in which a bar of soap is wr. pped is an excellent thing to use on ironing day, instead of wax. Fold the wrapper, lay it on the board and pass the iron over it.

White woodwork should be used only in the room which receives plenty of sunshine, as the paint will grow yellow in a shady room.

The best way to clean heavy blant.

low in a shady room.

The best way to clean heavy blankets is to hang them on the line and turn the hose on them, spraying them all over.

The best way to clean heavy blankets is to hang them on the line and them into a well-beatten egg and roll them in the cracker dust, and fry with the interpretation of the content of



Our Easter Millinery Surpasses Any We Have Had in Seasons From a Style as Well as Value Viewpoint

Be sure to see our showing. Every Hat is stylish. Each style is exclusive. Each Hat is a picture in itself. They are creations of our own artists.

Plumed Hats, Flowered Hats, Ribboned Hats, Large Hats, Small Hats, but what's the use of enumerating? Suffice to say we have them in all shapes and styles and at prices sure to please the most thrifty. As a word of advice, order early

M'SSES' AND LADIES' SUITS, in Panama, diagonal, fine serge broadcloth and tweed effects, new short cost, skirt

trimmed to match. At \$12.00, \$15.00, \$18.00, \$20.00, \$20.00 LADIES' BLACK VOILE SKIRTS, with pleats from the knee, very neatly trimmed with braid or bands of bias silk

\$10.00 and \$12.00 LADIES' DRESS SKIRTS, in Panama, cheviot or diagonal serge, navy, gray, brown and black, all sizes. At \$3.95

AGENTS FOR HOME JOURNAL PATTERNS

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150 DUNDAS STREET

At all dealers, 25c. a package. Household Convenience Co. TORONTO, ONTARIO **COWAN'S**

PERFECTION COCOA

Easy to clean silverware

this way—no rubbing

ware in WONDER-SHINE, then

rinse and dry with a soft cloth.

That's all. It removes all tarnish

and lasting lustre just like new. Cleans more silver in half-an-hour

and dirt instantly—gives a brilliant

than paste or powder in half-a-day

-and cleans it better. Contains no acids-cannot injure silver or

gold, hands or clothing. Try it.

'Great for Breakfast." A day started on Cowan's Cocoa is a day with a clear head and a steady nervea day full of snap and life. Cocoa nourishes the body. It is rich in food value and



THE important ingredient in Sanitol Liquid Shampoo is Olive Oil, the best of hair cleansers. Produces a copious lather. Cleans the scalp of dan-druff. The result is strong, healthy hair. Its use weekly (with Sanitol Hair Tonic. daily) will avert baldness through its cleaning, stimulating properties.



Good For You

You can't have a clear brain, active muscles and firm nerves, if your bowels are sluggish; but see what a help to you will be a few doses of

BEECHAM'S

Oil from the canned sardines may be used in frying potato cakes,

BY ROBERT ALEXANDER WASON.
Copyright 1910, The Bobbs-Merrill Company.

"I said Dick, in answer to Lynn's GAL FIFTY-SIX-STORY on, "Just keep on with those cont- on egg; and as far we want to be seen to be seen

were the proceeding willing to the power party of the process of t

Correspondence Edited by Cynthia Grey.

Once you have used PURITY FLOUR purit

you will readily pay the little more it may cost.



Until you have actually tried PURITY FLOUR you may demur at the trifle more it costs you than lower grade flours cost—but your first sack will show you why that seemingly higher price is a real economy for you

BAMP

That trial sack (which you ought to order this very day) will teach you what Purity Flour is worth to you, as contrasted with an ordinary flour.

PURITY FLOUR is milled from only the kernels of the choicest Manitoba hard wheat -the world's wheat standard.

From the 84 grain elevators which we own and operate, we select the finest wheat of the year's crop. This, at our mills, is so treated that only the most richly-nourishing part of the wheat berry gets into a PURITY sack or a PURITY barrel.

The result is a flour so strong that it produces more bread for the quantity used

But bulk of product is not all you are to expect of PURITY FLOUR. You are to expect lighter, snowier bread; bread that

than ordinary flour

has the nutlike, sweet, wholesome taste every housewife tries to put into the bread she bakes.

PURITY FLOUR, moreover, is not merely a bread flour. It is an every-purpose flour. It makes the kind of pastry you can be proud of-cake that invites praise -biscuits that suggest an encore.

Not only is PURITY the flour for economy's sake, you see, but the flour for quality baking. Thus, the few extra cents which it may cost you actually insures you against baking disappointments. PURITY FLOUR is the flour you will never be without, once you fully test its unusual merits.

Begin with a small trial sack, if you are dubious. Your grocer can supply you.

"More bread and better bread"

WESTERN CANADA FLOUR MILLS COMPANY, LTD., PHONE 795, CARE CEN-TRAL STORAGE AND EXCHANGE COM PANY, 334-336 CLARENCE STREET.

cool. Whip & cup cream, sweeten and can vitate cool. Whip & cup cream, sweeten and favor. When ready to serve, slice a cord around it, leaving a loop for bananas over crust, pour on the cream and serve.

TO CARE FOR BROOMS.

Brooms are now among the luxuries and the thrifty housewife will wish to possible. Soak a new broom for several minutes in hot suds. This toughens and the thrifty housewife will wish to possible. Soak a new broom for several minutes in hot suds. This toughens and the thrifty housewife will wish to possible. Soak a new broom for several minutes in hot suds. This toughens and the thrifty housewife will wish to possible. Soak a new broom for several minutes in hot suds. This toughens and the thrifty housewife will wish to possible. Soak a new broom for several minutes in hot suds. This toughens and the moisture as possible and sllow them hang it up to dry. A broom when not in use should always be hung up.

Cut a groove around the handle and the handle and the handle and the prepare the minority selections for the various standing committees, after a brief sitting today, adjourned until wash brooms is in coal soap water. They are then rinsed thoroughly in preserve their usefulness as long as mound it, leaving a loop for the various standing committees, after a brief washing to make the prepare the minority selections for the various standing committees, after a brief sitting today, adjourned until wash to the soaking process should be repeated every two weeks. Another way to be breed and the thrifty housewife will wish to preserve their usefulness, after a brief in the house of representatives, after a brief intended every two weeks. Another way to be breed every two weeks. Another way to be breed every two weeks. Another way to be brooms is in coal soap water. They are then rinsed thoroughly in preserve their usefulness, after a brief intended every two weeks. Another way to be brooms is in coal soap water.

Mrs. Winslows Socthing Syrus brief string the bouse of representatives, after a brief