

"A Perfect Woman Nobly Planned To Warn, to Comfort and Command"

Nature never intended woman to be delicate, ailing, or a sufferer from "nerves." Women in middle age complain of "hot flashes." Many women suffer needlessly from girlhood to womanhood, and from motherhood to middle life, with backache, or headache, dizziness, faintness, or bearing-down sensations. For a permanent relief from these distressing symptoms nothing is so good as

DR. PIERCE'S FAVORITE PRESCRIPTION

as a soothing and strengthening nerve-aid and subduer of nervous excitability, irritability, nervous exhaustion, and other distressing symptoms commonly attendant upon functional and organic diseases of the female organs. It induces refreshing sleep and relieves mental anxiety and despondency.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules.

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We have the following brands of Flour always in stock and can give you close prices on any quantity.

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- RED ROSE, High Grade Blended Flour
- NEW ERA, Special Pastry Flour

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Parlor, Dining Room, Bedroom,
Library or Kitchen.

Comfort, Elegance, Durability and Value are features that our goods are noted for.

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Our prices are as low as consistent with reliable goods.

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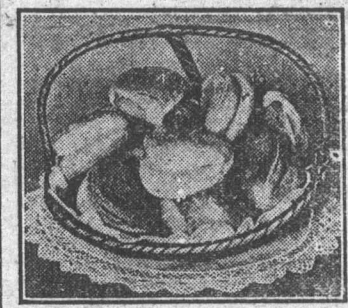
SOME GOOD RECIPES.

Pocketbook Rolls and a Delicious Sweet Cake From Holland.

Pocketbook rolls are dainty to use as a dinner bread. They may be placed in the individual napkin or one laid on each bread and butter plate. The following recipe for these rolls may be depended upon:

Sift six cupfuls of flour, three tablespoonfuls of sugar, two teaspoonfuls of salt and stir into it three well beaten eggs, one-half cupful of lard or butter, one-half cake of yeast dissolved in tepid water, enough sweet milk to make dough and set to rise. After it has risen, roll out one-half inch thick, cut with a large biscuit cutter, butter each one and fold it over. Place these rolls apart in a greased pan, let rise again and bake in a moderate oven. Serve white hot, says Table Talk.

Swedish Rolls.
These rolls are usually made with yeast, but baking powder gives equally good results, and its use is a great convenience in hot weather, when one



POCKETBOOK ROLLS.

wishes to spend as little time as possible in the kitchen. One cupful of milk, one tablespoonful of butter, one tablespoonful of sugar, half a teaspoonful of salt, three cupfuls of flour and six teaspoonfuls of baking powder. Sift the dry ingredients and roll out until one-quarter inch thick. Spread with butter and sprinkle with two tablespoonfuls of sugar mixed with one-third teaspoonful of cinnamon, one-third cupful of raisins finely chopped and two tablespoonfuls of chopped citron. Roll up like jelly roll and cut in three-quarter inch pieces. Place in a buttered pan close together and bake in a hot oven thirty minutes. Brush over with egg whites, slightly beaten and diluted with half a teaspoonful of water. Return to the oven to glaze the surface.

Holland Brioche Cakes.

One cupful of scalded milk, one-third cupful of sugar, one-third of a yeast cake, one and one-half cupfuls of flour, two eggs, one-third cupful of melted butter, one-quarter teaspoonful of salt, grated rind of half a lemon, juice of half a lemon and one and one-half cupfuls of flour. Add the sugar to the scalded milk. When lukewarm add the yeast, broken to pieces, and the flour. Beat, cover and let stand until it bubbles. Add the eggs well beaten and remaining ingredients. Cover and again let rise. Toss on a floured board, pat and roll in a long rectangular piece one-quarter of an inch thick. Spread with softened butter and fold from sides toward center to make three layers. Cut off pieces three-quarters of an inch wide. Cover and let rise. Take each piece separately in the hands and twist from ends in opposite directions, coil and bring ends together at top of cake. Let rise in pans, bake twenty minutes in a moderate oven. Cool and brush over with confectioners' sugar, moistened with boiling water and flavored with vanilla.

Father's Room.

Father's room! Is there such a place in your house? Should a man have a room of his own?

Think over the men you know. Aren't most of them treated as visitors in their own houses? If the average man gets an easy chair, a small table for his smoking things and his books and a good reading lamp he is doing pretty well. The idea of his having a room of his own would astonish his wife. He is supposed to be company, and very well behaved company at that, says the Delineator.

A man should have a chance to express his untidiness, if he has any. It is good for him. It gets it out of his system, and it is very much better that it should be worked off in his own room than in the rest of the house. Of course in a small household of two people there is room enough for both husband and wife to spread out, but there are more than two people in most families, and the happy, normal family lives all over the house.

Shoe Suggestion.

There are some things that are but trifles and yet are most valuable just when they are needed. There is a little bit of lamb's wool about four inches by five inches in size, covered with a pretty piece of leather and tacked over and fastened with a loop.

Children Cry FOR FLETCHER'S CASTORIA

It looks like a neat pocketbook or card case, but its real use is to polish up the shoes just a minute or two before starting from a dusty train or motor car ride. These handy little objects only take up a very small space in the hand bag.

To Sharpen Scissors.

Cut them rapidly on the neck of a small glass bottle or on a ground glass stopper. It trues the edges and makes them cut like new. Another way is to place the scissors upon an ordinary knife as if in the act of cutting. By drawing the steel along the blades in this manner several times you will sharpen your scissors.

ECCENTRICITY OF GENIUS.

In the Days That Are Gone It May Have Been Due to Eye Strain.

It seems that at last genius is discovered not to be allied to insanity, but that rather all its eccentricities are due to eye strain.

Brain specialists, for instance, are asserting that if Carlyle had had properly adjusted glasses and good electric light to work by instead of a skylight over his desk, and that illumined by a London fog much of the time, he would not have been such a grumbler and dyspeptic. In fact, eye strain was the cause of all his eccentricities.

All geniuses, in fact, would have been optimistic, says science now, if they had only had bifocal glasses at the right time. The same abnormal eyesight is given as the cause of many tragic paintings. That famous artist, Turner, would never have painted the slave ship in a storm, but would rather have depicted the peaceful landscapes that so many artists paint when their eyes are properly fitted with glasses.

Wagner, too, if he had worn the correct spectacles and had had that decided tilt to one eye remedied, probably would never have written about Walkyrie and dragons, but would have written pleasant dances and even ragtime instead.

Darwin also was another victim of eye strain. Doubtless he would never have given to the world his theory of evolution which stirred society up if his eyes had been normal.

De Quincey suffered from bad eyes. Surely he would never have taken opium if he had had glasses. But then, on the other hand, the world would have missed his opium dreams. And, after all is considered, scientists conclude society could better dispense with spectacles than with geniuses—London Tit-Bits.

COOK WITHOUT FIRE.

New Zealand Maoris Prepare Their Food in Nature's Kitchens.

The Maoris of northern New Zealand enjoy cooked food to a far greater extent than other natives, but they never bother with fire. They build their huts on the edge of some "friendly" geyser, where they may cook in nature's kitchen. The methods of this primitive people living in so strange a neighborhood are described by Max Hays in "New Zealand."

On a spot which superstition would associate with death and the devil, the huts of about 200 Maoris lie scattered—the remnant of the once warlike tribe of Tuhourangi. It is lucky that these simple folk need no kitchen, for nature has built for them the best of all cooking appliances and saved them endless trouble with the stove, gas company or coal merchant.

A pond of boiling water lies in the middle of the settlement. In this the Maori woman puts her water kettle to boil or hangs the wide meshed flax bag filled with potatoes and waits until they are cooked. True, the potatoes cooked in their skins taste a little of sulphur, but that is the right flavor for a Maori palate—the haut gout for the brown gourmet.

For the cooking of meats the fumeroles, or holes through which steam escapes from the ground, are used. A box with a wooden grating for a bottom is placed on the ground over the hole. In this the Maori woman places the meat, well covered with tin or iron pots. An old sugar bag is then spread over the box, and the crude apparatus is left until the imprisoned steam has completely cooked the joint.

Most people would be benefited by the occasional use of **Na-Dru-Co Laxatives** Gently, thoroughly, and without discomfort, they free the system of the waste which poisons the blood and lowers the vitality. 25c a box, at your Druggist's. National Drug and Chemical Co. of Canada, Limited, 176

ARE YOU VERY BUSY?

Every little while you read in the papers that so many persons have died from Consumption.

It is all very far-off and matter of fact and possibly it scarcely arrests your attention.

Do you ever realize that each one of those "cases"—mere items in an official record—is a black tragedy to somebody, that behind each one of them lies long, hopeless days of pain, feverish nights of despair, lifetime plans that must be laid away, grinding poverty, perhaps a wife to fight her own way afterwards or children who know hunger now that the father is gone.

Just suppose it were your tragedy. Suppose it were your father, your mother, your brother, sister, husband, wife, your child, or perhaps your sweetheart, and you with the hospital doors shut in your face, wringing your hands in utter helplessness while the crowds hurry by, engrossed in their own affairs.

But no! You are in that crowd and you don't hear either because you are busy.

But wouldn't you give—and gladly—if you could that what meant so little to you would go far to bring back the glow to somebody's wan face or the laughter to somebody's lips?

Just sit down and think of the one you love best in the world. Then say "If she lay there—" or "If he lay there—" and see how it sounds. What would become of all your plans and your busy days then?

For eleven years now the Muskoka Free Hospital for Consumptives has cared for those whom others love best, and hundreds of them have gone home again well and happy. It keeps its doors open because a few busy people like you stop for a moment and remember.

Are you going to remember this Christmas?

Don't put it off. Use the attached form in sending your contribution.

To help the Muskoka Free Hospital for Consumptives continue its life-saving work, I gladly enclose the sum of \$.....

Name.....

Address.....

\$ 5.00 will provide maintenance for a week.
\$ 20.00 will pay for four weeks.
\$250.00 will endow a bed for a year.

Since the need is such a permanent one, I should also like to subscribe..... Register my name accordingly.

Contributions may be sent to W. J. Gage, Esq., 44 Spadina Ave., Toronto, or to St. Vincent, Sec. Treas., National Sanatorium Association, 347 King St. W., Toronto.

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It is reported that an organization consisting of London and Petrolia business men are getting options on the front farms of Moore township with the idea of developing the industrial and summer resort business. One of these plans is said to have hydro-electric power and radial railways built, routed through Strathroy and Petrolia to Corunna, with branches to Courtright, Bridgen, Arkona and Sarnia.