

Who Uses the Low-Grade Cocoa Beans?

High-grade cocoa beans are rare. The great bulk of cocoa beans are low-priced and low-grade. But they are used.

For what? Handlers of cocoa beans will tell you—for cocoa. Who buys the cocoa? Housekeepers.

These housekeepers unknowingly miss the real flavor of cocoa produced from the finer-flavored cocoa beans. They miss a rare, wholesome treat. "Rare" is the word. The finer cocoa beans are rare. Cocoa produced from them is rare.

Handlers of cocoa beans will tell you that we buy the very finest cocoa beans to be had—and the most costly.

The flavor of Lowney's Cocoa shows it. This flavor could not be secured from anything but the very cream of the cocoa beans that the tropics yield. Our Montreal factory has a model equipment. It is as neat as your own kitchen.

If you want to enjoy the full, rich flavor of good, wholesome cocoa at its very best, try Lowney's.

Sold by grocers. In tins—10c to 50c sizes.

LOWNEY'S COCOA

The Best Way to Make Cocoa. Mix two level tablespoons cocoa with two level spoons milk. Add 1-2 teaspoon salt. Mix gradually with two cups of boiling water. Add one egg-beaten with a fork. Boil (not too long). Add one level spoon sugar. Boil one minute. Add one level spoon vanilla. Boil one minute. Add one level spoon nutmeg. Boil one minute. Add one level spoon cinnamon. Boil one minute. Add one level spoon cloves. Boil one minute. Add one level spoon allspice. Boil one minute. Add one level spoon ginger. Boil one minute. Add one level spoon mace. Boil one minute. Add one level spoon cardamom. Boil one minute. Add one level spoon nutmeg. Boil one minute. Add one level spoon cloves. Boil one minute. Add one level spoon allspice. Boil one minute. Add one level spoon ginger. Boil one minute. Add one level spoon mace. Boil one minute. Add one level spoon cardamom. Boil one minute.

WORK THIS PUZZLE! SEND NO MONEY! MON WONNONS CASH PRIZE \$50. ALSO A PRIZE OF \$10 FOR NEAREST SOLUTION. Dominion Watch Co., Montreal, Canada.

BULLETIN OF AGRICULTURAL STATISTICS FOR OCTOBER. The October number of the Bulletin of Agricultural Statistics, published by the International Institute of Agriculture in Rome, edited under the supervision of Professor Umberto Hesse, has just been issued. The most important information is: Wheat—For the whole of the twenty-four countries—Russia, Belgium, Bulgaria, Denmark, Spain, France, England, Ireland, Kingdom of Hungary, Italy, Luxembourg, Norway, Netherlands, Romania, Russia in Europe, Switzerland, Canada, United States, Japan, India, Java, Russia in Asia, Egypt, Tunis, the production is estimated at 420,902,314 quintals against 420,742,880 in 1911. That is to say the production in 1912 is equal to 107.2 per cent of that of 1911.

EVERY WOMAN MAY HAVE BEAUTIFUL GLORIOUS HAIR GROWING ON HER OWN HEAD

No woman can decorate her head with false hair in the shape of ruffs, tuffs, switches and transformations and make it appear natural. Hair growing on the scalp is almost the only kind that always looks right. There is a grace and beauty in natural hair which is not to be mistaken. Newbro's Herpicide permits the luxuriant growth of beautiful hair. It kills the dandruff germ, preserves the hair and gives it the life and brightness of true hair health. Every woman may have beautiful glori-

Little Beauty Chats

By BLANCHE BEACON. The Rose Bath for Tired Nerves. Try this soothing, scented bath whenever you feel "run down" and your nerves are



SAGE TEA WILL DARKEN THE HAIR

Restore Faded and Gray Hair to Natural Color—Dandruff Quickly Removed. There is nothing new about the idea of using Sage for restoring the color of the hair. Our grandmothers kept their hair dark, glossy and abundant by the use of a simple "Sage Tea".

THE LATE SENATOR BELL

Senator Adam C. Bell, of Pictou, N. S., who died in Montreal last week.

HIGH TEA IN ST. JOHN BAPTIST CHURCH IS WELL STARTED

The annual high tea and sale of the St. John Baptist church was opened last evening under promising conditions.

WOMEN'S CLUB'S IN WAR OVER A NAME

Spokane, Wash., Nov. 4.—War over a mountain to be waged between two women's clubs in Spokane, and has occasioned a question of prior rights of possession.

HEAD STUFFED? GOT A COLD? TRY PAPE'S

One Dose Pape's Cold Compound Gives Relief—Cure in Few Hours. You will distinctly feel your cold breaking after the very first dose.

TITANIC BANDSMEN HONORED

New York, Nov. 4.—The heroic musicians who played "Nearer, My God, To Thee" as the Titanic sank in the North Atlantic last April, were honored yesterday by music lovers here.

Daily Hints For the Cook

BREAD GRIDDLE CAKES. One and a half cups of fine stale bread crumbs, 1 1/2 cups scalded milk, 2 tablespoons butter, 2 eggs, 1/2 cup flour, 1/2 teaspoon salt, 4 teaspoons baking powder. Add milk and butter to crumbs and soak until crumbs are soft; add eggs well beaten, then flour, salt and baking powder mixed and sifted. Cook same as other griddle-cakes.

LITTLE COOKING HINTS

Eggs may be kept by packing them, when new laid, in salt, with the small end downward.

Heat a lemon thoroughly before squeezing it and you will obtain nearly double the quantity of juice that would be obtained if it were not heated.

Rice boiled in milk instead of water has a much richer flavor. It must be watched closely while being cooked, as it will burn quickly.

Fish which contains few bones may be converted into fillets by dividing the fish from the backbone in long, wide strips, and then removing any smaller bones. Scales supply the best fillets.

A cook with common sense saves all her squeezed lemons to polish her copper utensils with.

If you rinse a plate with cold water before breaking eggs on it, add to them a pinch of salt and then stand where there is a current of air, and you will have no difficulty in beating them to a froth.

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and easier digested than eggs placed in boiling water and allowed to boil furiously for three and one-half minutes.

On taking cakes baked in a tin out of the oven, stand the tin on a wet cloth for 10 or 15 minutes. The cakes can then be turned out on a plate, and will not stick to the tin, as frequently happens otherwise.

To test milk dip a well-polished knitting needle into a pitcher of milk and quickly withdraw it in an upright position. If the milk has only a small proportion of water it will prevent even a drop of milk adhering to the needle.

Makes Sweet, Wholesome Bread. Women write that the yeast they've used makes sour bread, but when they use Yeses Lakes make bread sweet, light and wholesome. Sold by live grocers 6 cakes for 5c. Get free sample from White Swan Spices & Cereals, Limited, Toronto, Ont.

Royal Baking Powder Absolutely Pure. Royal Baking Powder exceeds others in leavening power, in purity and wholesomeness, and is used generally in families, exclusively in the most celebrated hotels and restaurants, by the United States Army and Navy, and wherever the best and finest food is required. Teachers of cooking schools and lecturers upon culinary matters use and recommend the Royal. Royal is the only baking powder made from Royal Grape Cream of Tartar. It is admittedly the best and most healthful baking powder made. When you know what is best, please ask for it.

POLITICIAN A HOMESTEADER. Hen. A. J. McLean to File Claim For 160 Acres and Take up Simple Life.

Edmonton, Alta., Nov. 4.—Hon. A. J. McLean, secretary of the provincial government of Alberta and member of Premier Sifton's cabinet, will take up a homestead in the Peace River district, north of Edmonton, next spring, and live the simple life six months of the year until the fall of 1913. Mr. McLean recently visited the district in company with W. F. Lynch of Montreal and Doctor G. W. Leitch of Taber, Alta., traveling by pack horse, and was so favorably impressed with the possibilities of the country that he decided upon returning to Edmonton to own 100 acres of land, where he could pass the rest of his days under his own vine and tree. He will travel to the north by automobile and carry supplies for a stay of six months.

HOW'D YOU LIKE HIS JOB? From the society columns of an exchange: The engagement is announced of Miss Mary Wilkins, the daughter of E. A. Wilkins, editor of The Evening Star, to Mr. W. J. Wilkins.

Only One "BROMO QUININE" that is Laxative Bromo Quinine. Cures a Cold in One Day, Grip in 3 Days.

J. MARCUS' DEPENDABLE FURNITURE. High Quality Bedsteads in Neat and Attractive Designs at Unusually Low Prices. A Bedstead that will surely please you. Large brass rod on head and foot, piece top rings, also brass. A good value. \$5.25. A plain Bedstead without any brass trimmings. Posts are very heavy, also fillings. At the extremely low price of \$5.00. A Bedstead equal to those sold at a bigger price. At our price it's a bargain. \$7.90. Lots of other good patterns to choose from. If you want Brass or Enamel Bedsteads, come to 30 Dock Street or Phone 1373.

CHILDREN IN GOOD SHEPHERD HOME GIVE A SURPRISE. The children in the Home of the Good Shepherd last night gave a performance of the drama The Two Children that would have done credit to professionals. The young actresses ranging in age from five to fourteen years, garbed in spangling and suitable Roman costumes seemed perfectly at home before the footlights. Besides this production the youngsters gave a dumb bell drill in sailor costumes and a grandmothers' drill in Dutch costume with bonnets and long skirts.

CHEER UP! IF HEADACHY, BILIOUS, CONSTIPATED--CASCARETS TONIGHT. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish intestines—you always get the desired results with Cascarets. They end the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach. They cleanse your Liver and Bowels of all the sour bile, foul gases and constipated matter which is producing the misery. A Cascaret tonight will straighten you out by morning—a 10-cent box from your druggist will keep your head clear, stomach sweet, liver and bowels regular and make you feel cheerful and bully for months.

