CAULIFLOWER



clous of the winter adding each portion of milk stir and with a white sauce straining. or cheese the food

Cauliflower should always be put in cold salt and water for an bour be- paprika.

covered in fast boiling water to cover,

One medium sized cauliflower, 2 take about half an hour.

ablespoons butter, 2 tablespoons flour, 1% cups mffk, 4 tablespoons paprika.

Cut off green outer leaves and put head in cold salt water for an hour. The cut end of the head should be up. Drain and rinse in clear cold water. Put in a kettle of boiling salted water and boil gently 40 minutes. Drain and put in a hot vegetable dish. Pour ver the white sauce made as fol-

Melt butter in smooth saucepan stir in flour. Do not let the butter bubble while melting. Add milk

HEARTBURN A SEVERE CASE

Many people are troubled with heartburn who really do not realize just what it 18.

In cases of this trouble there is a gnawing and burning pain in the stomach attended by disturbed appetite. It s generally caused by great acidity of the stomach, and whenever too much food is taken, it is liable to ferment, and becomes attremely sour, causing nearthurn. In such cases vomiting often occurs, and what is thrown up is sour and sometimes bitter.

The one way to get rid of hearthurn

MILBURN'S LAXA-LIVER PILLS,

and you will have no heartburn or other liver troubles such as constipa-tion, jaundice, water brash, floating specks before the eyes, coated tengue,

specks before the eyes, coated tengue, foul breath, etc.

Miss Agnes Cutting, Shallow Lake, Ont., writes: "I have had heartburn for a long time. There were gnawing and burning pains in my stemach, and then when I vomited there was a sour and bitter tests. I used two vials of Milourn's Laxa-Liver Pille, and they have cleared me of my heartburn. I don't think they can be besten by any other medicine."

Price, 260 a visit at all deniers, or nailed direct on receipt of price by The . Milburn Company, Limited, Toronto, int.—Advt.

WOMAN TAKES EVERY CHANCE

To Recommend Lydia E. Pinkham's Vegetable Com-pound, for it Helped Her So Much

and had some troubles women often bave, and usually I was unfit for my work. I saw your advertisements and decided to try Lydis. E. Pinkham's Vegetable Compound. I am very much pleased with the sends and recommend your Vegetable Compound whenever I have a chance. You may use this letter for the benefit of others."—Mrs.

for the benefit of others."—Mas. Exampless, 360 Church St., Exedericten N. R.

Mrs. Wandless, like many, many other women who have found relief by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one women to another, its writtes are made known.

Women suffering from fermals adia.

Women suffering from female all-ments, indicated by such symptoms as backache, nervous troubles, hot dashes, pain in the side and a general run-down condition of the whole system, should take Lydia C. Pinkham's Vegetable Compound. For nearly fifty years it has been helping women. Let it help you. Lydia E. Pinkham's Text-Book upon "Adiments Peculiar to Women" will be continued. upon "Ailments Peculiar to Wom-en" will be sent you free upon re-quest. Write to Lydia E. Pinlo-ham Medicine Co. Lynn, Mass.

For Raw Sore Throat At the first sign of a raw, sore hroat rub on a little Musterole with

your fingers.

It goes right to the spot with a gentle lingle, loosens congestion, draws out coreness and pain.

Musterole is a clean, white olatment nade with oil of mustard, It has all he strength of the old-fashioned mus-ard plaster without the blister,

Nothing like Musterole for croupy hildren. Keep it handy for instant se. 35 and 65 cents in jars and tubes; copital size, \$3, ETTER THAN A MUSTARD PLASTER



NE of the most deli- slowly, stirring constantly. After

vegetables to serve cook the sauce until perfectly smooth with beef is cauli- and the thick as possible. as a food. Served perfectly cooked and requires no

> Baked Cauliflower With Cheese. furnishes 1 cup milk, 2 tablespoons grated crumbs, 1/2 teaspoon salt, 1/4 teaspoon deacon Richardson.

fore cooking. Allow one teaspoon recipe. Drain and separate in flow- ed by Mr. Dickinson, who also play-

allowing one teaspoon salt to one bread crumbs. Cover top of cault- silk. Her wedding veil was caught quart of water. Add salt at the end flower and sauce with crumbs and with a coronet of pearls, and she of 15 minutes. Skim the water as cheese, dot with bits of butter and sprinkle with paprika. Bake in a sprinkle with paprika. Bake in a moderate over till brown. It will Miss Maybelle Stuart was brides-

Luncheon Cauliflower.

11/2 cups milk, 1/2 teaspoon salt. 1-8 could not be present. Miss Babbs teaspoon pepper, few gratings nut- Haultain, niece of the groom, made meg, 8 triangles toast.

toast. Pour over the sauce, garnish with parsley and serve. Melt butter in smooth sauce pan, smooth saucepan, stir in flour and and on the guests' pews were tied slowly add milk. Stir until boiling sweet peas fastened with fluffy bows and add mushrooms. Season with of white tulle. The ushers were: Mr. salt, pepper and nutmeg. Simmer three or four minutes to cook mush-

strained lemon juice. Put the saucepan ovr boiling water and stir in the eggs. Do not let boil or the eggs may curdle. Cook Edwin Seaborn and Mrs. Seaborn, over hot water until sauce thickens. (Copyright, 1922.)

rooms.

FORM SYMPHONY ORCHESTRA. GALT, Feb. 19.-Galt is to have a symphony orchestra. At a meeting of local musicians it was decided to form the Galt Symphony Orchestra, for which the following officers were elected: President, Mark Reed; secretary-treasurer, David Poland; committee, C. Halcroft, W. Dixon, D. Taylor; conductor, J. Ewart. It is expected the organization will have a membership of about 50 and rehearsals will commence immedi-

FOR DANCING.

Powdered borax will serve in place of wax when a floor is to be used



Pattern 675 was used for this pleasing model. It is out in 4 sizes: Small, 34-95; Medium, 85-40; Large, 42-44; Extra Large, 46-48 inches, bust measure. A medium size will require 6% yards of 88-inon material. For sack length, 4% yards will be required.

A pattern of this illustration mailed

to any address on receipt of 15c in silver or stamps. Address all pattern orders to Pattern Department.

TOUR EYES Use Murine for Remote a Clean, Healthy Condition Thompson, Dr. S. Thompson, Mr. and Mrs. C. Gray, Mr. and Mrs. C. Gray, Mr. and Mrs. T. D. Patterson, Mr. and Mrs. D. Blandford, Miss Madeline Greene, Miss Mary Thompson, Dr. S. Thompson, Mr. and Mrs. Ceorge Reid and Mrs. George Reid and Mrs. Ge

A smart wedding took place, Saturday afternoon at 3:30 o'clock in St. flower. It's usually When all the milk is used add the Paul's Cathedral, when Beatrice Searather expensive, cauliflower water, salt and pepper. born, daughter of the late William When all the milk is used add the Paul's Cathedral, when Beatrice Seabut even so, very Stir and cook until smooth and Minter Seaborn and Mrs. Seaborn, much worth while creamy. Sauce made in this way is was married to Liewellyn George Cronyn of Montreal, son of the late value is greatly in-creased, and the dish, and the dish of the creased, and the dish, and the dish of the creased, and the dish of the creament of the Mr. and Mrs. Benjamin Cronyn of ceremony was performed by Rev. some protein as well as mineral salts, cheese, 2 tablespoons coarse bread Dean Tucker, assisted by Ven Arch-

As the bridal party entered the Cook cauliflower as in preceding church the wedding march was playfore cooking. Allow one teaspoon salt to one quart water, and use erets convenient for serving. Are nough water to more than cover the range a well-buttered baking dish. Make a white sauce by melting butter, stirring in flour and slowly adding milk. Season with salt and half the lace over grosgrain silk and trimmed When cooking cauliflower cook unchesse. Pour over cauliflower.

Sprinkle remaining cheese over silver, and a girdle of wide grosgrain

maid and wore a gown of pink organdy, and carried a shower of pink One large cauliflower, 6 finely and mauve sweet peas with mauve water in which cauliflower was cooked, & teaspoon salt, 1-8 teaspoon butter, 2 tablespoons flour, 2 eggs Noela Seaborn of Toronto, who was (yolks), 1 tablespoon lemon juice. to have been a second bridesmald, a dainty flower girl, frocked in blue Soak cauliflower in cold salted organdy and carrying a basket of pink sweet peas. Mr. Clement Cronyn flowerets and boil in salted water 20 of Montreal, brother of the groom, minutes. Drain and arrange on hot was best man.

The church was decorated with palms and ferns. Spring flowers were arranged on the chancel steps, Charles Cronyn, Toronto; Mr. Huron Cronyn, Toronto; Mr. W. A. Bucke, Beat eggs slightly with Toronto, and Mr. A. B. Seaborn, brother of the bride.

Park avenue. The bride and groom received the guests in the livingroom, which was artistically arranged with pink roses and banked with ferns and palms. Mrs. Edwin Seaborn was gowned in black canton crepe, trimmed with black and white fringe and a large black hat, and wore a corsage of white roses and pink sweet peas, and Miss Anna Seaborn of New York, sister of the bride, wore a smart frock of grey canton crepe, braided, and a black hat, and her corsage was of orchids. A buffet supper was served from a with white satin bows.

table centered with pink roses tied Mr. and Mrs. Cronyn left on a noneymoon which will be spent in New York, the bride traveling in a chiffon broadcloth suit, embroidered in grey, with beaver trimmings, and smart hat of navy crepe de chine. The groom's gift to the bride was a gold wrist watch; to the bridesmaids, barpins, and to the ushers and best man, silver pocket knives. Among the guests present were: Mrs. and Mrs. Hubert Haultain, Toronto, Mrs. Haultain gowned in rose charmeuse trimmed with white lace, and a black chiffon hat; Mr. and Mrs. W. A. Bucke, Toronto, Mrs. press Avenue Church held a meeting Bucke wearing a nigger brown gown at the home of Mrs. R. G. Bowle, St. net overdress heavily embroidered; Miss Mazie Gurd, Sarnia, Many interesting topics were disand a corsage of red roses; Mr. and Mrs. F. Patrick's social, to be held Thursday P. Betts; Mr. and Mrs. George T. Brown; Mr. and Mrs. W. R. Seaborn, Toronto; Miss Richardson, St. Marys; Mr. Fred Seaborn, Toronto; Mr. George J. Sprucek, Guelph; Dr. and Mrs. Lockhart, Montreal; Mr. and Mrs. H. R. Wright, Montreal; Mr. and Mrs. Hume Cronyn, Toronto; Mr. Edward Cronyn, Toronto; Mr. Lorne Flaws, Toronto; Mr. Arthur Stanway, Toronto; Mrs. Mackelcan, Toronto; Mrs. Nesbitt, Toronto; Mrs. Marshal, Toronto; Miss Dunlop, Toronto; Mr. Mackelcan, Toronto; Miss Hender-son, Kitchener; Miss Miln, Toronto; Messrs. Miln, Toronto; Miss Jessie Ross, Toronto; Mr. and Mrs. Robert Hopkins, Toronto; Miss Gregg, Toronto; Mr. and Mrs. Archibald Gillies, St. Marys; Mr. and Mrs. W. E. Sea-born, Moose Jaw; Judge and Mrs. H. C. Pope, Melford; Dr. George Seaborn, Montreal; Miss Ada Askwith, Montreal; Misses Evelyn and Marian Mactavish, Parkhill; Mr. and Mrs. McKenzie, Toronto; Mr. and Mrs. Gordon Rutledge, Toronto; Miss

Roebuck, Ottawa; Mr. and Mrs. Murton, Toronto; Miss Mildred Deike, Washington; Mr. and Mrs. S. Wellington Scott, Toronto; Mrs. Allan Cleghorn, Toronto; Mr. G. M. Massey, Toronto; Mr. and Mrs. R. Baines, Toronto; Mr. and Mrs. H. Macbeth, Toronto; Rev. J. G. Stuart; Miss Edith Farncombe, Mr. Leigh Farncombe, Mrs. Edward F. Blake, Toronto; Miss Jean Macfie; Mr. and Mrs. George Wrong, Toronto; Mr. and Mrs. B. B. Cronyn, Toronto; Mr. Anderson, Dr. Ramsay, Mr. Thornton McBride, Dr. Tew, Mr. and Mrs. Abbot Hewton, Miss Childs, Mr. and Mrs. Redmond Meredith, Mr. and Mrs. Percy Vahey, Miss Hilda Keene, Mr. and Mrs. E. Buchanan, Mr. and Mrs.
W. Turnbull, Lieut.-Col. Walter

Mrs. M. E. Hicks, Bruce street,
W. Turnbull, Lieut.-Col. Walter Brown and Mrs. Brown, Miss Harley, Miss Ross, Miss M. Pennington, Mr. and Mrs. Eric Reid, Mr. and Mrs. M. Moule, Mrs. Patterson, Miss M. Moule, Lieut.-Col. and Mrs. Gart-CAUTION: Be expetul to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 12, Mr. and Mrs. R. B. Ross, Mr. and 46, or whatever it may be. If a skirt give waist and length measure. When misses or held's pattern, write only the figure representing the age, it is not necessary to write "making" or "years." Patterns cause reach you in less than one week hom the date of application.

Mould, Lieut.-Col. and Mrs. Gurt shore, Mr. and Mrs. R. B. Ross, Mr. and Mrs. B. Ross, Mr. and Mrs. Bayly, Mr. and Mrs. Harris Elliott, Mr. and Mrs. Gordon Smith, Younge, Mrs. Perchard, Messrs. R. Brantford; Mr. and Mrs. Chisholm and Miss B. Chisholm, Mrs. Hamilton H. McEwen and D. E. McEwen, Dr. and Mrs. T. Bowman, Mr. and Mrs. Thomas Lamb, Mr. George M. Hobert, Mr. W. B. Pope. Miss Buth Mrs, Bayly, Mr. and Mrs, Harris El- by her son, Master Melburne Turner, lictt, Mr. and Mrs. Gordon Smith, Youngs, Mrs. Parchard, Messrs. R. Brantford; Mr and Mrs. Chisholm and Miss B. Chisholm, Mrs. Hamilton St. Paul's Cathedral, sang at the Sunday services in St. John's Anglito open the bowels. In a few hours you can see for yourself how thoroughly bart, Mr. W. B. Pope, Miss Ruth Robinson, Mr. and Mrs. C. Gray, Mr.

Welcome Bobbed Hair Hat!



BY MARIAN HALE.

LONDON, Feb. 19.-"For the girl as she put this Idaire hat down on ticularly in mind. Short hair has had ticular hat is white

a very noticeable effect on millinerysay the designers. It has tended to with bobbed hair," said the designer make head sizes smaller and bring

The pompom on this clever little the close-cropped head of the model. hat is interesting in that it does The chic little chapeau of navy blue something quite new and differentbannock cloth is made with a smaller wears at the numerous ends of its head size and a low hung ornament saucy quills a small bulb of sealing with the girl of the short locks par- wax. The sealing wax on this par-

this fund a cot or room in the War canson, who attended the W. M. S. Memorial Children's Hospital will be convention in London, could not give cess Mary, to be known as the Prin- the next meeting. A dainty lunch cess Mary Room. Any donations will was served following the business be gratefully received. The following part of the meeting. donations are acknowledged by the treasurer: Mrs. E. H. Younge, Mrs. E. F. Steele, Tavistock, \$2; Brant Hos-Minnie Palmer, \$1.

DELEGATES TO ATTEND CON-VENTION.

Mrs. Kirkpatrick, secretary of the Union Mothers' Club. is receiving a large number of responses to the invitations sent out by the club to attend the educational convention this week. Those expressing their intention to attend are: Prof. McCready, of Toronto, president of the Home and School Confederation; Dr. E. Marty, of Toronto; Chester V. Hamilton, treasurer of the Home and School Confederation; Mrs. George Payne and Mrs. Newton McTavish, of Toronto: Mrs. John Hodge, Miss Coulter, Brantford; Mrs Janet McMillen, of Stratford; D. H McGill, principal of the Ingersoll Collegiate Institute, and Mrs. McGill; D. McGregor, Avlmer: Mrs. George Edwards, Komoka. The delegates from the Lobo W. I. are Miss Ella Graham and Miss Ida Gray. Mrs. E. L. Meade of Peterboro will also attend.

UNITY BIBLE CLASS.

A committee consisting of 16 mem-bers of the Unity Bible Class of Em-Andrews street, Wednesday evening. ed, chiefly plans for their St. evening, March 2, which will be an old-time evening. After the business part of the meeting a delicious sup-per was served at a table beautifully

W. M. S. OF DUFF'S CHURCH. The regular meeting of the W. M. S. of Duff's Church was held on Wednesday at the manse. An interesting paper was given by Mrs. Jack Mc-Cachren, on "Central India," from the text book, "The Planting of the Faith." An account of the laymen's conference was given by Mrs. A. J. McMillan, who attended the confer-

Personals

the guest of Mrs. L. Hawke. Mrs. J. Wilkey entertained at the tea hour Friday, in honor of her aunt

Miss Ella Spearin and Miss Helen Schultz, of Brantford, spent the weekend in London,

Mrs. G. D. Colbrook of Chatham who has been spending several weeks in London, has returned home

Miss Ora White, The Ridgeway, was the hostess Saturday aftern of a bridge of two tables, Mr. Edwin J, Hicks has returned

to his home in Pilot Mound, Man., after spending a week at the home of The North End Euchre Club met at the home of Mr. and Mrs. Norman Curtis Friday evening. The prizes were carried off by Mrs. J. Rose and

Mr. F. H. Hindmarsh, Mrs, Charles Turner, accompanied can Church, Strathroy,

Col. Beattie and Mrs. Gerald Pearson, were the winners in the finals for the garrison cup at the Badminton Club Saturday afternoon, with Major Hunter and Miss Margaret Scatcherd Hunter and Miss Margaret Scatcherd as runners-up. The presentation was made by Major-Gen, H. A. Panet. Great interest was shown in the finals, and a large number of mem. bers were present, Mrs. Panet present was great printed on bottle. Mother! You must say "California" or you may get an imiand Mrs. George Reid and Misses finals, and a large number of mem.
Reid, Mrs. S. H. Craig, Mr. Gordon bers were present, Mrs. Panet presided at the less hour.

PRINCESS MARY GIFT FUND. | ence. Owing to illness, Mrs. J. J. If sufficient money is donated to McMillan and Miss Margaret Dunendowed as a wedding gift to Prin- their reports, but will give them at

A DUTCH SUPPER.

The Girls' Auxiliary of Knox Church are holding a Dutch supper pital, Burlington, \$25; Mary Hodge, Church are holding a Dutch supper Burlington, \$5; M. Martin, 10c; M. N. Thursday, Feb. 23, in the Sunday V., 10c; "Best Wishes," 50c, and school room of the church. Following the supper a program will be given. The affair is in charge of the president, Miss Elsie Pickles, and the



Headaches Gone

Perhaps you can imagine what this means to one who had suffered terribly with headaches for ten

Read about it in this latter.

Mrs. Tena A. Smith, Country Harbor Cross Roads, N. S., writes:

"I feel that if anyone can recom-mend Dr. Chase's medicines I certainly can, I suffered for ten years from severe headaches, and although I took all kinds of headache powders they just relieved me at the time. I became yery nervous and run-down, and every-thing seemed to trouble me. I have taken eighteen boxes of Dr. Chase's Nerve Food and it has made an en-Nerve Food and it has made an en-tirely new person of me. I felt that I could not have lived without it. I do not have one headache now for every hundred I used to have, and my nerves are good and strong. I just weighed 109 pounds when I began using Dr. Chase's Nerve Food, and now I weigh 121. Knowing what this treatment has done for me, I cannot too highly recommend it to others."

Dr. Chase's Nerve Food, 50c box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

MOTHER!

Move Child's Bowels with "California Fig Syrup"



you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender little towels and gives you a well, playfu child again. -Millions of mothers keep "California

Fig Syrup" handy. They know a tea-spoonful today saves a sick child to-

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FIRST SHOWING OF SPRING STYLES Suits, Coats, Dresses, Hats

FASHION'S NEWEST DESIGNS

The Season's Millinery

braid combinations, in becoming styles, with a simplicity that makes them correct. At prices to suit every purse. Millinery Department Fourth Floor.



The New Coats

Ladies' Spring Coats, fashioned in new and popular cloths and colors. \$14.50 up

Ladies' Coats, of blue and grey cloth, with overcheck, in the new Burbery style, with patch pockets and small breast pocket, leather buttons. The coat is well tailored. Price \$35.00

Ladies' Russian Coat, of navy tricotine, elaborately trimmed with military braid, reversible silk sash of black and green, finished with large silk tassels, silk lined. Price \$59.00

Ladies' New Spring Coats

Of Reindeer Suedine Cloth, skirt of coat richly embroidered in self color and blue. Collar of new scarf effect, finished with

Ladies' and Misses' Spring Dresses

Of navy charmeuse. The short sleeves and skirt trimmed with narrow taffeta frills, a girdle of contrasting color, silk @ 22 00 ribbon and bouquet. Price ... 332.00

Ladies' Dress, of navy taffeta, long waist effect, pannel sides, scalloped at bottom, sleeves full length, the lower half of crepe de chine-Paisley silk for upper part of

sleeves and trimming. \$32.50 The New Cape Dress, of good-quality trico-

tine, elaborately embroidered, in blue, black and gold, Peter Pan collar and silk tie, Price \$55.00

Ladies' Black Canton Crepe Dresses, with side panels of blue crepe, girdle, neck and sleeves trimmed with light blue crepe, sleeves and skirt piped with light blue;

The New Suits

Ladies' and Misses' New Spring Suits,

fashioned in tricotine. Coat box style, scal-

loped at bottom, effectively trimmed with

military braid, short tuxedo collar trimmed with self-stitching tie of trico-tine with ball tassels. Price... \$39.50

Ladies' Suits, made in the full, box effect,

with wide bell raglan sleeves, new step col-

140 DUNDAS STREET.

Agents for the Butterick Patterns. The Delinea. tor and Butterlok Quar

PHONES 115 and 116.



Sweeten the Stomach

