

MAPLE TAPIOCA PUDDING

(Tested Recipe by Caroline Coe)

Put one quart of milk in double boiler. When warm slowly add the oatmeal and tapioca, stirring all the time to avoid lumps, add salt, allow to boil until tender and clear. Remove from fire and add one cup of maple syrup, turn into buttered pan and allow to stand ten minutes. Turn over one-half cup of top milk or the contents of one small can of evaporated cream. Bake slowly one and one-half hours, serve with cream or top milk. Any good syrup may be substituted. One quart of milk.
Three teaspoons cornmeal.
Three tablespoons minute tapioca.
One-half teaspoon of salt.
One cup of maple syrup.
Butter the size of a walnut.
This is the famous pudding that "Aunt Della" makes for ex-President Taft and is most delicious.

PERRY'S VICTORY.

To arms, to arms, it is the martial cry; Man now the ships, it is to do or die. Our fleet is bound for miles along the shore, We now must fight to make an open door.

Two dreadful hours his flag ship stood alone And braved the trail within the fiery zone. And now the sailing fast on every side, And flag ship shattered on the changing tide.

But see, brave Perry mans a fragile boat, And with a few now left away they float. The foe now turn their guns on this frail bark, But braving floods of fire have missed their mark.

Our hero joins his men 'mid wild hurra, And now he heads his fleet for Put-in-Bay. The freshening breeze comes timely to his aid, And plans to meet the foe were quickly laid.

The fight was fierce, but soon the strife was o'er, And plaudits ring along Lake Erie shore. North, south and east the welcome news had spread, But some were sad and weeping for their dead.

We sing to-day, but not of fallen foe; But that our share is spann'd by freedom's blow. We hail of joy shall come from dome and tower, To tell the news in whispering grove and bower.

Two flags we see that float upon the breeze, Two mighty nations of our inland seas. Today we join, for every strife shall cease, And now we boast one hundred years of peace.

—W. F. STUART, formerly of the T. H. & B. Co., Buffalo Courier.

Powerful Insects.

If you were as strong, proportionately as the beetle is, and were a man weighing a couple of hundred pounds, you would be able to lift with ease 400,000 pounds. For a beetle can lift a weight that is just 200 times its own weight.

Or if you could jump about with the same ease as a grasshopper you could spring over the tallest building in the Chicago loop district without much effort.

Or, again, if you wanted to be nearly as strong as the bee you would have to drag after you a load weighing 4,000 pounds.

It seems, apparently, from such observations made by naturalists that the greater in size the animal the greater is the muscular energy needed to move it about, and that there is not much left for outside force.

School Dresses.

—They're in season.
—Mothers are buying them.
—And mothers are making them.
—Remnants are doing splendid service.
—Made-over serves if strong are very good also.
—Tiaras are revived and many are altogether clever.
—For school dresses much worn materials are not worth while making up.
—At some schools only the snowiest of white linen is worn all of the time.
—But for ordinary school wear, fine, strong serge is the ideal material.
—Navy serge, with a black satin or cherry red tie is smart. A lace or linen collar may figure.
—Leather ties are good, too, as are knitted linen collars and cuffs.

GAMBLING.

(Chicago Tribune.)
Gambling is an insidious evil, which, beginning with the insignificant betting of pennies, grows in many natures to a passion as devouring and destroying as an incurable disease.

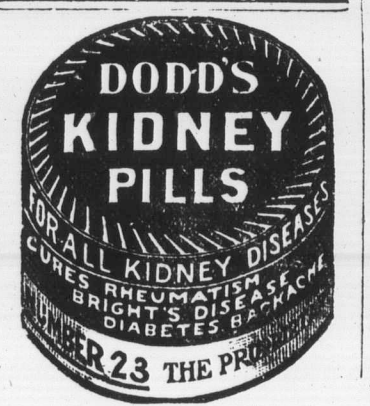
The gambling den is the school of the pocket. It is the starting point of the miser's ruin. Neither the restraint of the parental home nor the influence of marriage can control the boy or man who has acquired the gambling habit. Gambling is the nearest thing to a sure system of the fair game or roulette wheel, face to face with starvation, turns to the way robbery and its inevitable consequence.

WHY LIVING IS HIGH.

(Philadelphia Record.)
There was a steady fall in the wholesale and retail prices of food throughout the greater part of the world from 1870 to 1900. After 1900 there was a gradual rise. It is now probable the top notch has been reached. A sug may be expected. Big prices tend to increase production and to limit consumption. A great deal of what passes for increased cost of living is closely analyzed would be set down as more extravagant living.

Neckwear.

Fitch.
Fridis.
Huffies.
Fitch necks.
Pointed, square and round.

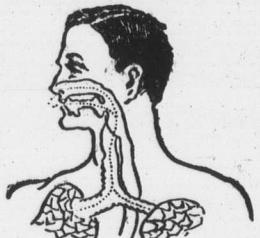


Chest Colds, Bronchitis Can't Be Cured By Cough Syrups

For the Simple Reason that Cough Syrups go straight to the Stomach which isn't affected.

The Direct-breathing cure "Catarrhose" which instantly reaches all affected parts is best remedy.

Just note the following chart—it clearly shows how the vapor of Catarrhose when inhaled covers all the breathing organs in the nose, throat and lungs—that is why Catarrhose always cures—it gets where the trouble really is.



"I can speak of the wonders Catarrhose did for me," writes J. P. Fernandez, an important figure in mercantile life in Georgetown. "I had all the distressing symptoms of catarrh—head was stuffed up—had a profuse discharge from the nose—I hawked and gagged and had a weak throat. My eyes buzzed and I had a constant pain over the eyes. Catarrhose cleared my head, strengthened my throat, took away that rank breath and soreness in the nose."

If you have any form of catarrh or throat trouble, cut out all experiments—use Catarrhose—it's reputation is world-wide. A complete outfit with sufficient medication to last two months and an indestructible hard rubber inhaler costs \$1.00, smaller sizes with glass inhaler 25c and 50c. All druggists and storekeepers, or post paid from the Catarrhose Co., Buffalo, N. Y., and Kingston, Canada.

CANNING CORN ON THE COB.

(By Caroline Coe)

Last winter I was invited to a friend's house and, much to my surprise, at dinner, there was brought on steaming hot corn on the cob.

It was delicious. I immediately asked how it was prepared, and my friend, who is one of the best of cooks, said: "I canned it after a recipe which I added. I would not advise much corn to be put up in this way, for the work is long and great care must be taken."

In the first place, you must have the wide top, half-gallon cans. In these you put as many short ears of corn as they will comfortably hold. The corn should be freshly picked and that there are no decaying kernels on the cob. Have some hot water, to which has been added granulated sugar in the proportion of a heaping teaspoonful to one quart of water. Put your ears in some boiler on some hay or cloth to keep them into the metal bottom. Fill the cans with the hot sugar water and put on covers tightly. Fill the boiler with water to about two-thirds up the can. Boil four hours. Let cool and screw on can tops carefully and stand bottom side up for three days.

"I had splendid luck with this recipe, and the corn on the cob at Christmas was hailed with delight," said my friend. "I have already put up a couple of dozen cans."

Minard's Liniment Co., Limited.
Dear Sirs, I had a Bleeding Tumor on my face for a long time and tried a number of remedies without good results. I was advised to try MINARD'S LINIMENT, and after using several bottles it made a complete cure, and it healed all up and disappeared altogether.

DAVID HENDERSON.

Bellefleur Station, Kings Co., N. B., Sept. 17, 1904.

The Hottest Gridiron.

And the fires are all kind in their bed, When the richest of textiles have revealed.

And the poorest of workers is dead—We shall rest from the strikes and the riots.

Life down underneath a white stone, Till the Judge of the Workmen and Bosses Shall summon us all to His throne.

And those who were Bosses shall tremble, They'll long for an alibi then, And wish they'd divided their profits, And treated the Workers like Men, For, somehow, it will sound a little bit queer.

The "dividend" plan as an excuse, For that Judge will not bear to offend them, But will call an Abuse an Abuse.

And he'll send them on griffons to fan gulsh, Heated just to the proper degree, To suit the offence they committed, And no one will pardon them see?

But He'll pick out the ones who worked children, And stunted their bodies and brains, And I hope nay, I'm sure He will wrack them.

With something unmeasured of in pains, —William Wallace Whitlock, in Life.

FREE MINDS, FREE ANKLES.

(London Opinion)

The truth is that the free mind has made inevitable the free ankle. Our girls are no longer content to be tied up like bales of cotton. They have learned the use of their legs on the bicycle, on horseback and in the hockey field. The masculine leg is not a veiled mystery. Why should the feminine leg be regarded as a dreadful secret dedicated to the allurements of the ballet? After all, our girls may not be quite so bold and quite so bold as we, in our flaming innocence, imagine. Perhaps they are right in assaulting the stupid tyranny of sex. Perhaps they are wise in forcing us to hear the shattering revelation that the end justifies the means. Perhaps they are leading us from the delusion that the less we see of them the better. There is no doubt that they are rapidly emerging from the chrysalis of convention. They are asserting their right to be human beings and not bundles of obedient dupes. They are shedding their self-consciousness as well as their clothes. The sooner we shed our self-consciousness the better.

POPCORN.

Here Are Some Novel Ways It May Be Used.

Try popcorn some morning instead of the ordinary breakfast cereal. The chances are you will like it. The corn should be popped the night before and left in the oven or some other warm, dry place until morning. Before serving, set the food grinder at the notch where it grinds its coarsest and run the popcorn through. Place in a warm oven until the chopped popcorn is heated. Then serve with sugar and cream, like any other breakfast food.

Try adding half a dozen fluffy white kernels of popcorn to each portion of soup served. These are a pretty substitute for the usual croutons, and, especially in tomato or pea soup, the color effect is attractive. Where the soup is served at table a small dish of perfect kernels of popcorn can be placed near the tureen and a few served with each portion of soup. They float lightly on the surface and are a pretty novelty. For the nursery table this is a feature sure to be hailed with delight.

Try "cornettes" as a novel form of wafer to serve with afternoon tea. Little cookies are made from one cup of chopped popcorn, a tablespoonful of softened butter, white of one egg, one third of a cup of butter and a little salt. Flavor with a half teaspoonful of vanilla. The batter is first added to the chopped popcorn, then the egg is stiffly beaten and added, then the sugar and other ingredients. Beat all together thoroughly and drop from tip of teaspoon on to a buttered baking sheet. Spread with a knife dipped in cold water and bake in a slow oven until a delicate brown.

Where a coal range is not available there are several ways of attempting to do corn-popping over a gas stove, but the process is never as satisfactory as when done over a bed of live coals. An iron stove lid placed over a burner of a gas range and allowed to become red hot will give sufficient heat to make the kernels burst into bloom, provided one has a little patience. Where gas is used in the kitchen the furnace fire offers a splendid place for the popping of corn. With the large area of coals, the work can be done quickly and well.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! ZAM-BUK is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.



THE STAGE IN DANGER.

(New York Herald.)
Despite all that has been said against the stage of to-day it cannot be denied that of late years it has enjoyed the confidence and good will of such elements of authority and influence as the Church, the educational classes and society. It is no longer necessary for a manager to call his playhouse a "lecture room" or "museum" in order to attract respectable audiences. Young girls are permitted to visit places of amusement because their parents take it for granted that at least they will not be offended by profane or vulgar scenes. The stage is no longer a place of danger, and the whole business of theatricals will suffer as it has long suffered in European cities for the same reason. There is no excuse for offering this kind of dramatic material. Ours is essentially a clean place.

Minard's Liniment for sale everywhere

SWIMMING COWS.

Almost every day a very unusual scene may be witnessed on Loch Dulich, Rosshire, N. B., writes a contributor to the Strand, where a number of cows swim over to an island in the loch, about 20 yards from the mainland, feed there, and return in the evening. They are never driven, but take their bath entirely of their own free will. If the wind is against them on the return journey and the sea rough, it is sometimes necessary for a man to put out in a boat and help the mover in turn by holding his hand under each cow's chin, as they get dazed if the sea dashes in their faces and swim in circles instead of going straight ahead.

Woman in Pain For Three Years

With an Aching Shoulder and Lame Back That Seemed Incurable.

Tells of Her Remarkable Cure.

"Very few people could so patiently suffer for three years as I did," writes Mrs. M. D. Durand, from her home in Augusta. "Sometimes I did feel very discouraged, but knew that a remedy would some day turn up with the power to relieve my sufferings. Nervine was the one thing that ever did me real good. It had the power to sink into my stiff, sore muscles, and it drew out the pain and gave me release from such distress as few people know. My condition was largely Rheumatic, and on this account I do urge every person with Rheumatic tendencies to use Nervine—rub it in frequently and bind a hot flannel cloth over the aching parts. This is very soothing and will surely cure."

It is just such cases as this that have made Nervine famous in many lands. No liniment is so penetrating, so strong, so pain-subduing. Its influence over Neuralgia, Lumbago, Sciatica, and Rheumatism is simply a marvel. Thousands of actual, permanent cures prove this. In the home Nervine is so useful because it can be taken internally with sure results, for cramps, stomach pains, and diarrhoea. It stops vomiting, cures nausea and sick headache.

No home complete without Nervine. Family size bottles, 60c; trial size 25c at all storekeepers and druggists or The Catarrhose Co., Buffalo, N. Y.

Was He Excused?

With an uncomfortable feeling in their heads the juvenile classes awaited the advent of the school inspector. They had had it well drummed into them that this was to be a new departure in examinations. Bland and expansive, the inspector sauntered into the school room, and, walking past the school teacher, addressed the class.

"Observation of little things," he said, "has made some of our greatest men of to-day."

Not a soul moved; everyone just looked. With his coat thrown back, Mr. Inspector displayed, stretched across his ample dimensions, a heavy gold watch-chain and a gold-tipped fountain-pen peeping from his watch-pocket.

"Now," he went on, "I will test your powers, and will re-enter the room, and you shall tell me what I have forgotten."

Leaving the room, he abstracted his fountain-pen from his pocket, and returned, standing before the class in the same attitude.

"Now, what have I forgotten?" he beamed.

All the kiddies sat dumb; they didn't quite understand his riddle. Suddenly a little chap in the front piped:

"Please, sir, you forgot to say 'Excuse me' when you walked in front of the teacher!"

BETTER THAN SPANKING

Spanking does not cure children of bad-setting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. S. Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your child troubles you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

FIND THE REMEDY.

(Guelph Mercury.)
While an army of single men are lavishing their earnings and their affections upon themselves and many of them developing extravagant and often vicious habits—extreme which they prefer to an orderly, economical married life—another great army of young women are forced to toil in our factories and business houses for the necessities of life.

This is an unfortunate and unnatural state of affairs. Moreover, from the ranks of the unmarried comes humanity's heaviest contribution of immorality and crime.

All these factors are well worth considering when studying the problem of marriage, eugenics or race degeneracy and the fundamental moral principle which underlies them all.

When making a steamed or boiled pudding, plait the cloth in at the top to allow the pudding to swell.

SOME QUEER THEFTS.

Burglars Are Not Particular as to the Spolis.

Burglars can't be choosers. All they can do is to take things as they find them. The nature of their indiscreet calling prevents their being fussy in their selection of articles to be carried away.

Anything convertible into cash will do, and sometimes even that point is not essential, as in the case of the purloiners of the "Mona Lisa," where mercenary notions probably for once yielded to the burglar's love of beauty.

Just at present we seem to be passing through an era of freak burglaries. Only the other day ingenious thieves attempted to steal \$10,000 worth of Panama hats from a down town loft by tying away, literally by the thousand, in the still hours of early morning.

In Paris recently a burglar, disgruntled because he could not lay his hands on anything worth taking, softened his disappointment by going to the pantry and stealing himself with a bite at the butter. It proved his undoing, because he was traced by his tooth marks on the butter jar.

A short time ago several burglars established a precedent by carrying away a hot stove, fire and all, from a boatman's shanty. The intrepid thieves performed this feat by wrapping the stove in wet cloths.

A thief lately depleted the poor box in a church by extracting the coins through the slot at the top with the aid of a wire to which a piece of adhesive plaster was attached. Another villain of the deepest dye robbed a fruit stand and stuffed his pockets with cigarettes, candy and fruits.

Several weeks ago a couple of enterprising crooks cut the Western Union cables near New Brunswick and got away with 100 feet of copper wire. Stealing brass and lead pipe does not sound like high-class work, but that sort of theft, far from being unusual, provides a regular living for many thieves. Recently some of the fraternity varied the old game by passing from a plumbing establishment to an adjoining tea store and mixed their heavy swag with a few light and portable bags of tea and coffee. —New York Evening Sun.

LUMBAGO NOW ONLY A NAME

Dear Sirs:—

After taking a treatment of SANOL for lumbago and got cured, I recommended it to an old friend of mine who is about 70 years old. After taking four bottles the excruciating pains left him, and now feels better than he has done for the past 20 years.

Please use this letter anyway you think fit, as it is a duty we all owe who have been cured, to let the sceptic public know there is a real cure for Kidney trouble.

Yours truly,

Augusta Dureau, Altona, Man.

SANOL is the remedy which does cure all Kidney troubles such as Lumbago, Gravel, or any trouble arising from excess of uric acid, as the above letter proves. Price \$1.50.

Sold by all leading druggists.

Literature free from The Sanol Manufacturing Co., Ltd., 95 Main street, Winnipeg, Man.

GIVE THE FOREIGNERS A CHANCE

(Toronto Star)

Some of us are inclined to claim superiority for Anglo-Saxons over the rest of the human family. Whatever advantage Anglo-Saxons may possess is due to their faculty for kicking against authority. When the American Anglo-Saxons revolted against George the Third, they were doing exactly the same as their ancestors who revolted against Charles the First and James the Second. The Celts and the Franks were also lovers of liberty. Hence the British Commonwealth, the American Republic and the Republic of France.

It is right that we should take pride in these things, but do not let us shut out other races who are under some disadvantage because they or their ancestors were not so successful as kickers against tyrants. Give them a chance. Let their lungs expand under the influence of the air of freedom.

Minard's Liniment Cures Burns, Etc.

Bright Tommy Atkins



Soldier—I once had an experience in India that fairly made my hair stand bolt upright. 'Girl—How interesting! What was it? Soldier—A shampoo!'

A Strenuous Statesman.

Charles James Fox, the English statesman and sport, had wagered something about a waistcoat which could only be obtained in Paris; went over to Dover by night, caught the mail packet, posted to Paris and back to Calais, and remembered he had a horse racing at Newmarket. He chartered a fishing boat bound for the eastern counties, just got to Newmarket in time for the race, took the post back to London and stopped on the way to dine. In the middle of the dinner he was caught by a special messenger, who had been tearing over half of England in search of him, and reminded that he had to move to bring in a marriage bill in the House of Commons. He rushed to the stables, reached the House in time to make a brilliant speech in reply to North and Burke, and defeated North on a division by a single vote.

ISSUE NO. 38, 1913

HELP WANTED.

WANTED—SECOND-HAND IN WOOLLEN Mill Dye House, working on raw stock and piece dyes. This is a good opportunity for a bright young man. Apply: The Slingsby Manufacturing Co., Ltd., Brantford, Ontario.

WANTED—LADIES TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance; charges paid; send stamp for full particulars. National Manufacturing Co., Montreal.

WANTED—GIRLS FOR FINISHING underwear. Apply, Kingston Hosiery Co., Ltd., Kingston Ont.

Musical Plagiarist.

Victor Herbert, the composer, said of a musician whose work he disliked: "The prophecy that was made about this chap in his boyhood has come true. 'In his boyhood, you know, his mother said of him: 'Oh, he's such a remarkable child. A perfect prodigy, in fact. He remembers every tune he hears.' 'Well, well!' said a pianist who was present."

"Isn't that a very rare and valuable faculty?" his mother asked. "It isn't rare," said the pianist, "but it's certainly valuable. It will probably enable him to become in after years a successful composer." —St. Louis Globe-Democrat.

DEATH REPORTED

An old offender that hung on for years. Nothing touched his stony heart but Putnam's Corn Extractor, and out he came, root, stem and branch. All corns cured just as quickly when Putnam's is used; try it, 25c, at all dealers.

THE COMPLETE IDIOM.

80-Word English Translation of

"Is It You?"

Explanations with amplifications are a feature of "Social Conversations in English and Japanese," a volume by Gentaro Tomita, published in Tokyo. The author's aim is to supply a guide to social conversation in English, thus:

Look me up.—Come to my house to see if I am at home.

Only too delighted—I am very much pleased to accept your kind invitation to take tea with you, and to make hay while the sun shines.

He'll buttonhole you.—He will catch hold of the front part of your coat on the chest, where the buttonholes are situated, and so hold you captive, that you may not escape till he has finished his conversation.

Is it you?—Surely it cannot be you, who stands waiting in the hall, and refuses to send in his name by the servant, because he thinks he may disturb me while I am entertaining other friends? Surely you know very well that you are always welcome to come in, unless I have some very special business on hand? So I was surprised when I came into the hall to find it was you and not a stranger or a business visitor.

Minard's Liniment Cures Dandruff.

SEVEN AGES OF WOMEN.

Each woman in her time plays many parts;

The infant, first, who rules while yet in arms

And practices on all resistless arts

Subduing sages with her potent charms.

The schoolgirl next, a roguish, wee coquette,

Each fool boy taming with a tender glance;

His hard conned lessons he doth then forget;

And he is thrashed for dabbling in romance.

Then the young miss, with skirts of ankle length,

Dreaming most foolish dreams of clothes and boys,

Doll's coat aside, all her ambition's strength

Is aimed at parties and such social joys.

Fourth, as the belle, with powder and with paint

Bedizened, in magnificent array,

Besieged by suitors, she will make complaint

Unless sue breaks at least one heart a day.

At last, surrendered, she becomes a bride

Her triumph's zenith; her decline's begun.

But most inexplicable is now her pride

This queen of many, to be queen of one!

Then comes the matron, family and home,

Absorb her energies and loving care

From her own hearthstone caring not to roam

She still finds life replete with treasures rare.

Finis, the grandam. Shall one tell the truth?

Can's—nothing that can purchased be of men,

Now granny dear renews her frisky youth

And thinks she will get married once again!

Minard's Liniment Relieves Neuralgia

Widowed Swallow's Friends.</