## MC 2035 POOR DOCUMENT



teaspoon of soda, a pinch of sail, one to spoon of ginger, flour to make a batt Beat well, then stir in a heaping cup of floured blueberries, and bake a lit slower than ordinary gingerbread. simple frosting improves it. PEPPER SALAD.

tions of the liver and bile

The wonderful tonic and streng ning effects from Beecham's Pi nake them a safe remedy-the

becally for natives, as it makes the hand that is country a there a man is not judged by the onditions of his fathers, but of individual man or collective race

Stratford (Ont.) ge of sheep and swine-C. M. Mac-department of agriculture, Ottawa. Help Weak

condition of the colored people under the American and British flags. "In the West Indies," said the doctor, "the negroes are thriving as never before. They are doing so well there that many can now be spared to come to the United Stomachs Bold Everywhere. In Boxee as con