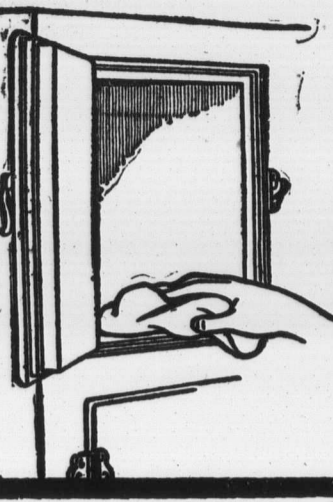


A sanitary ice box prevents many illnesses—keep yours sanitary with

Old Dutch



THE SALAD BOWL.

Salads are capable of infinite variety, so when fish and cheese fall vegetables which approach animal foods in nutrition may be served, and either the oil in the dressing or the fat in the cream or melted butter of a boiled dressing may be depended upon to supply the necessary oil. Try a bean salad. A pound of this vegetable contains as much protein as is found in half a pound of lamb chops or half a dozen eggs. Cool freshly boiled limas, also some rice (dried in the oven until the grains separate), salt slightly and mix them in equal quantities; fold in some stiff mayonnaise and serve very cold in lettuce cups. Peas and lentils, which are so rich in protein, are very desirable for salads in place of meat. Cover two cups of cold baked beans with French dressing and let stand a half hour; drain, sprinkle with half a teaspoonful of onion juice, mix with cream dressing, arrange on lettuce leaves and garnish with parsley and hard cooked eggs. Lentils combined with onions, peppers and parsley and served on cress with

French dressing make a hearty and tasty salad. A fruit salad has the advantage of being very healthful, for nearly all fruits hold acids and salts in solution which are cooling to the blood, and there are so many fruits available that none needs to become tiresome. Pears as a salad, once tried, will appear often this way: Peel large pears, halve them, remove the cores and drop them into cold water in which is a table-spoonful of vinegar to keep them white. Fill the core cavity with either grated cheese or cream cheese balls and serve on lettuce with French dressing. When mayonnaise is used with fruits leave out the mustard and pepper, put in a little sugar and use lemon instead of vinegar. In no case should a boiled acid dressing be used with fruit salad.

Minard's Liniment Cures Garget in Cows.

A CHANCE FOR THE CHAPLAIN.
(The Christian Herald)

"Won't you be very, very happy when your sentence is over?" cheerfully asked a woman of a convict in prison.

"I dunno, ma'am, I dunno," gloomily answered the man.

"You don't know?" asked the woman amazed.

"Why not?"

"'In in for life."

Would you speak of the paper a bottle of whiskey comes in as spirit wrappings?

ANOTHER VERSION.
(From Sydney Bulletin)

I didn't raise my boy to be a soldier, I want another's boy to fight for me; I'd rather know another's heart is bleeding.

That I may live in sweet security; I don't care if my neighbor sends a dozen. Provision of my brood there isn't one who goes to face the shrapnel for his mother—I didn't raise a soldier in my son.

And if the foe should level our defences, And pour their spotters in our little town, And to the houses up to fire and pillage With no respect to babe or woman's gown; When I am rudely handed by the butchers, And shrieks announce "The ravishing's begun," My boy can lie concealed within a garment—I'd never seek protection from my son.

But if the troops again return triumphant, With victory like an eagle on their crest; I'll sing in joy (and he will sing beside me):

"We didn't do our duty with the rest!" We share, of course, the freedom they have gained us, And glad are we of all the boys have won, But as to risking him—Oh, no! my neighbors, I didn't raise a soldier in my son!

ANTIQUES
—IN—
FURNITURE
POTTERY, GLASS
—AS—
Wedding Gifts

FIVE CENTURY OLD TUDOR STYLES AND ONE CENTURY OLD GLASS DECORATIONS RESUSCITATED.

ROBERT JUNOR
62 King St. East
HAMILTON, - - - ONT.

THEY WERE SPIES.
French Woman Who Suspected Them Did Country a Service.

"Here is a Paris spy story," says an Englishman, "for every particular of which I can vouch. A Parisian petite bourgeoisie, who, being half a Lorrainer, knows German, was travelling in the tub. In the same carriage were two men in the uniform of British officers. They spoke in a low voice to one another. She does not know English, and though they might be speaking English, but she understood them, and she thought what they said sounded remarkably like German. She noticed both men particularly, as both were striking looking and handsome.

At one station a fat, heavy man got out and trod on the toes of one of the presumably English officers. The officer ejaculated an oath in unmistakable German. The French woman was more and more interested. When the two "British" officers got out at a station near the Etrole a distance. They went to a small, low-class lodging-house near the Porte Maillot. She took note of the address and looked for a policeman. When she found one he washed his hands of the whole thing, and said he had nothing to do with spies; she had better go to the nearest police commissary. She did so, and reported what she knew.

This was two months ago. She heard no more about it till the other day, when she received a letter from the French military authorities, signed by a high official, and enclosing 3,000 francs with their best thanks. The letter said that, owing to the information she had given to the leading spies, who had been going about disguised in the uniform of British officers, had been caught and dealt with. The little bourgeoisie's pride at the service she had rendered and at the reward she received may be imagined.

Don't believe all you see. It is almost as easy to blacken a man's character as to whitewash it.

Minard's Liniment Co., Limited.
Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT warmed on flannels and applied to my breast, cured me completely.

C. H. COSSABOOM.
Rossway, Digby Co., N.S.

SALADA

FROM THE ORIENT TO YOUR TABLE
Every sealed packet of SALADA TEA is filled with fresh, young leaves of surpassing fragrance.

"SALADA"

SEALED PACKETS ONLY. BLACK, MIXED OR GREEN.

Ye know on earth, and all ye need to know.

The lecturer said, "These lines are very noteworthy, but although Keats could see so important a 'message' in a vase, he doubtless had only form and design in his mind, and gave no thought to the material itself. In his day little was to be said of this, the 'scintillating brain' had scarce attempted to imperlex its secrets; meanwhile knowledge is grown apace, and the story to be told of mere clay, unworked, unformed, unbaked, scarce dugged from the bowels of the harmless earth, is now of transcendent interest; and yet so backward is our civilization few of us know this." "Clay, sand and limestone are met with all the world over: in fact they are the dominant components of the crust of the globe on which we live. Little which is fundamental in chemistry remains to be learnt when they are understood." "The history of the globe is still in various forms of earth, and the early history of mankind is recorded almost entirely in clay remains."

"We are working with Nature's materials, and we know what infinite variety she has made of them."

The announcement above referred to says: "China clay has been discovered in Canada." This "material" is identical with the "Kaolin" of the Chinese, it is a chemical compound of silica and alumina. It is found in a state of partly decomposed granite, and the portion of the granite which yields the clay is the silica and alumina. The cause of the decomposition of the granite is not positively known, and geologists differ in their views on the subject.

"Nerviline" Cures Cramps
Ends Misery Instantly

NO REMEDY SO SPEEDY OR EFFICIENT.

A real cramp cure?

Yes, a real one—in a twinkling the cramp is a dead one, and the last squirm is over, once you get a stiff dose of Nerviline on the inside.

This isn't mere talk—it's a solid, truthful fact. No other remedy—not a single one—will cure cramps so quickly and harmlessly as Nerviline. It hits the spot in a jiffy and saves a heap of misery.

"Last Saturday night my stomach felt like an infernal machine," writes T. P. Granger from Hartford. "I was awakened from a sound sleep and found myself suffering the worst kind of torture. I was so doubled up I could hardly cross my room. I had used Nerviline before for the same thing and took a real good dose. Once I felt the warm, soothing sensation of Nerviline in my stomach I knew I was all right. It finished the cramps—just one single dose."

Sickness at night is rendered a nightmare of the past if Nerviline is handy. It may be earache, toothache or cramps. Nerviline in every case will cure at once and save calling the doctor. Nerviline is a family physician in itself. The large 50c family size bottle, of course, is most economical. Small trial size costs a quarter. All dealers sell Nerviline.

What He Got Them For.

Among some skaters was a boy so small and so evidently a beginner that his frequent mishaps awakened the pity of a tender-hearted, if not wise, spectator.

"Why, sonny, you are getting all bumped up," she said. "I wouldn't stay on the ice and keep falling down so; I'd just come off and watch the others."

The tears of the last downfall were still rolling over his cheeks, but the child looked from his adviser to the shining steel on his feet and answered:

"I didn't get some new skates to give up with; I got 'em to learn how with."—The Presbyterian.

Minard's Liniment Cures Distemper.

G. L. MCBROWN PRAISES "ANZACS"

On April 24th the Pall Mall Gazette of London, England, contained many views of the celebration of Anzac Day at Westminster Abbey commemorating the landing of troops from Australia and New Zealand on the Gallipoli Peninsula, which occurred on April 25, 1916. Among them appeared the following glowing tribute paid by Mr. George McL. Brown, European manager of the C.P.R.

"The solemn beauty of Westminster Abbey, which echoes with the story of our past, is a fitting shrine in which to commemorate the noble 'Anzac' dead. Not alone because of the valor, the fortitude and the sacrifice, are the memories of those lives laid down, precious to the Empire, but because they symbolize the high qualities which throughout centuries have gone to the building up of the British race. The courage and the chivalry of our forefathers lived again in those dauntless heroes of Gallipoli who have passed on undimmed the traditions of our history. And wherever those traditions are revered, in the United Kingdom, in their own homelands of Australia, New Zealand and Tasmania, in Canada, in South

ISSUE NO. 24, 1916

HELP WANTED.

WANTED—COMPETENT MAID-GENERAL. Family of three. Good wages. State age and experience. Address, P. O. Box 65, Hamilton, Ont.

GIRLS WILLING TO WORK ON British Army Orders, knitted underwear. Seamstresses, plain stitchers and learners. Bright, healthy employment. Good wages. Zimmerman Mfg. Co., Ltd., 140 Barden and Garth streets, Hamilton, Ont.

WANTED—HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland", St. Catharines, Ontario.

WANTED—WEAVERS AND LEARNERS—wages paid while learning; experienced weavers earn high wages. For full particulars, apply, The Slingsby Manufacturing Company, Limited, Brantford, Ontario.

FEMALE HELP WANTED.

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

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

SAVE MONEY ON ROOFING

Get my prices direct from mill to you. I have Roofing for every purpose. Samples Free. Address, HALLIDAY CO., Limited, BOX 61, HAMILTON, CANADA.

Posthumous Influence

The relations between man and man cease not with life. The dead leave behind them their memory, their example and the effects of their actions. Their influence still abides with us; their names and character dwell in our thoughts and hearts; we live and commune with them in their writings; we enjoy the benefits of their labors; our institutions have been founded by them; we are surrounded by the works of the dead; our knowledge and our arts are the fruits of their toil; our minds have been formed by their instructions; we are most intimately connected with them by a thousand dependencies. Those whom we have loved in life are still objects of our deepest and holiest affections. Their power over us remains.—Andrews Norton.

When the cake in the oven is ready for a final browning, a newspaper tucked into the fire will do the work.

You will like its Fine Granulation

Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it.

Lantic Sugar

comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities

"The All-Purpose Sugar"

2 and 5-lb Cartons
10 and 20-lb Bags

POVERTY IN EGYPT.

It Often Drives Parents to Sell Their Children as Slaves.

In the whole land of Egypt there are now only two cities, Alexandria and Cairo. Yet once Egypt was the grandest country of the world, having as many as 200 cities, but these have been all long swept away or covered with the sand of the desert.

In these two cities, Alexandria and Cairo, all the principal people of Egypt reside, while in the country districts up the Nile there are no towns and hardly any villages, but only scattered settlements of peasants, who are called fellahs or fellahin.

These fellahs, though of the same Arab race and religion as the people of Cairo, are very different in most other ways. Instead of the turban, the flowing robe and the gay slippers, which the men of the city wear, we see only a half clad figure with matted hair and skin blackened by the sun; instead of the veiled lady in a robe of silk, here is a poor woman with naked feet in a dress woven of grass. One thing, however, both use in common—a bracelet.

The fellahs of upper Egypt are very numerous, but they are all very poor. Their houses are mud huts, used only to sleep in, as they are in the open air most of the day. Their food consists chiefly of vegetables, which they eat uncooked, such as maize, melons, gourds, beans lentils and dates; those that have a cow can get milk, and all can get fish. Meat they seldom taste, and their bread is only a half baked paste of bruised maize or millet. Rice is too dear for them. One luxury, however, all the men—and women, too—manage to get whatever else they go without—that is, the ever present long wooden tobacco pipe, smoking.

The poverty of many fellahs is so great that a family of children is often a great burden to the parents. Many cases yearly occur of parents selling their children as slaves to escape from the expense of their support.

A parent will sometimes make a long journey to Cairo to get rid of his young children. Some time ago a woman brought to a rich lady of that city an infant, which she said she found at the door of the mosque. The lady said she would take the child and adopt it and handed the woman a small sum as a reward for her trouble in bringing the child. The woman refused the offer, blushed and withdrew. She was the child's own mother.

ANTIQUES

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MONEY STONES OF YAP.

Natives of the Island Do Not Carry Change in Their Pockets.

Propped up against the house of the native chief of Yap, which is one of the Caroline islands lying southeast of the Philippines, may be seen a row of "money stones," the current coin of the island. In shape these stones are like millstones, but they do no grinding. They serve simply as a parade of the wealth of the village. Their value lies solely in the difficulty with which they are obtained.

The yellowish granite of which they are made is found only in the island of Palao, 200 miles away, and when the moonson favors forty or fifty natives voyage there in their canoes. After paying the king of Palao with presents the works of hewing the walrus, or money stones, begins, lasting for months until the moonson changes when the tollers start homeward with their "cash."

The smallest of these stones is about a foot in diameter and three inches thick, with a round hole through its centre. It will buy food for a family for a month. The large stones, about three feet in diameter and eight inches thick, have a value much greater than that of the smaller ones. It is more difficult to transport than in cranks canoes over such a long stretch of sea. Indemnities can be paid with such a stone or the aid of neutrals purchased in time of war.—William L. Cathcart in St. Nicholas.

COMPLETE EVIDENCE.

(Argonaut)

Over in the college city of Berkeley one morning Perkins looked over his fence and said to his neighbor: "What are you burying there?"

"I'm just replanting some of my seeds, that's all," was the response.

"Seeds!" exclaimed Perkins angrily. "It looks more like one of my hens." "That's all right," came from the man on the other side of the fence. "The seeds are inside."

Sore Absolutely Painless Corns Go!

No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting overnight. Never fails—leaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

TO CANADA.

[Verses suggested by the proposal to plant maple trees over the graves of Canadians who have fallen on the fields of battle.]

Oh, land of gold and snow across the sea,
Through every enduring season of thy year
War reaps her harvest of thy chivalry,
And claims her victims of thy loved and dear.

They lie at rest, and there still roars across
Their narrow graves the cannon's deafening boom.
Yet o'er those mounds already creeps the moss,
And with the soft warm rains fair flowers shall bloom.

With the long years to rise and pass away
Shall emblems of the land they loved be born.
In beauty burst, in fire shall end their day.
Each spring a glorious resurrection morn.
—Charlotte Pidgeon, in the Empire Review.

Minard's Liniment Cures Diphtheria.

JUST IN TIME.

(New York Evening Times)

Blinker—I woke up last night with the feeling that my new gold watch was gone. The impression was so strong that I got up to look.

Jinker—Well, it is gone?

Blinker—No, but it was going.

The empty cans in which cocoa can be saved and used for spices. Label them plainly and keep together.

WANTED

Help for Woolen Mill—Carders, Weavers, Fullers and Napper Tenders. Good wages paid in all departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducement to family workers. Write, stating full experience, if any, age, etc. to The Slingsby Mfg. Co., Ltd., Brantford, Ont.

WANTED

Platen and Cylinder Press Feeders

Steady Work; Union Wages.

APPLY TIMES JOB DEPARTMENT
Hamilton, Ont.

FOR SALE

A HIGH BRED, SOUND BAY HACKNEY

Well broken, thoroughly reliable, a lady can drive; also complete outfit, including phaeton and runabout. Apply.

J. M. EASTWOOD,
Times Office, Hamilton.

Desert Gems.

In 1889 a hunter in the northwest of New South Wales wounded a kangaroo. The animal went off through the mulga and the salt bush at a pace too fast for the hunter to follow and was soon out of sight. The hunter was a bushman and did not despair. He followed the blood trail, hopeful of a short search and a speedy bag. At one pint of the pursuit it may be that the trail grew faint and necessitated a closer inspection. Anyway the hunter stopped and picked up a piece of stone. This he examined. The red spot was not on it; it was in it. It was not blood that he saw. It was opal. Such was the beginning of the White Cliff's opal fields.

Don't Live in the Kitchen—Emancipate yourself from kitchen worry by learning the food value of Shredded Wheat Biscuit.

You can prepare a most wholesome, nourishing meal in a few moments by heating a few Shredded Wheat Biscuits in the oven to restore crispness; then cover with berries and serve with milk or cream.

Made in Canada.

2 IN 1 SHOE POLISHES

Contain no acid and thus keep the leather soft, protecting it against cracking. They combine liquid and paste in a paste form and require only half the effort for a brilliant lasting shine. Easy to use for all the family—children and adults. Shine your shoes at home and keep them neat.

BLACK-WHITE-TAN 10c

KEEP YOUR SHOES NEAT

F. F. DALLEY CO. OF CANADA, LTD.
HAMILTON - CANADA

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