

Worth Knowing.

Bread should be baked slowly and long if you want good, sweet bread. If it is baked too quickly it is apt to be sour.

When applying an ice bag a cloth should be wrung out of ice water and put between the patient's head and the ice bag.

Greens should be cooked in their own moisture in the double boiler or plunged into rapidly boiling water, salted, and cooled and drained while they are still green.

Strawberry shortcake with whipped cream colored green with pistache is attractive to behold and very good to eat. Never make strawberry shortcake with cake dough. The original shortcake mixture is like baking-powder biscuits. Roll out the dough and divide in equal parts. Spread one piece with butter, and place the other piece on it. Bake and while hot gently separate the two pieces. Spread with the berries and put together again. Serve with cream.

Minard's Liniment Cures Burns, Etc.

TO LIVE 1,000 YEARS.

All That is Necessary is to Eliminate Waste and Disease.

"Death under fifty or sixty years of age has got to be prevented or avoided," said Sir George Newman recently.

Why should Sir George Newman limit the age at sixty? Seeing that sanitation and preventive medicine have already raised the expectation of life at birth from forty years in

Minard's Liniment Co., Limited.

Dear Sirs,—I had a Bleeding Turnor on my face for a long time and tried a number of remedies without any 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, Belleisle Station, Kings Co., N. B., Sept. 17, 1904.

1834-64 to fifty-one in 1908-18, why should not people live normally to be 100 or even more?

Scientists have agreed that there is nothing to prevent the human body living and enjoying the full possession of its faculties for an indefinite number of years, 500 or even 1,000, providing disease and waste matter are eliminated from the frame.

Old age is caused by the gradual accumulation of calcareous matter in the veins, tissues and joints, which leads to stiffness, ossification, and eventually death, through the organs being unable to work. Eliminate this waste matter, which is mainly lime, and, if scientific theories are true, there is little to prevent you living indefinitely.

This is the case of all the methods of prolonging life, such as the drinking of sour milk, which has the property of dissolving lime in the system. The apple, which curiously enough, is popularly supposed to be the "tree of life," the fruit of which Adam and Eve "did eat," has similar properties. Buddhist monks in Tibet undoubtedly live and retain their faculties to abnormal ages, which they attribute to their sparse diet of apples and rice. Hindu fakirs declare that youthfulness of body, not of mind, can be retained to any age by frequent baths in diluted glacial acetic acid. These acid baths certainly dissolve lime and calcareous matters, and it is noteworthy that apples contain a quantity of this chemical. Michael Angelo, who died through an accident at 93, declared that eating grapes and drinking wine was the secret of his unimpaired vitality.—Tit-Bits.

Saved by Their Horses.

An Australian Anzac writing home describes the sagacity of his horse: "It's wonderful how a horse knows danger in the firing line. During a recent push in Palestine my horse, for instance, understood exactly the difference between a shell coming over and one likely to land anywhere near our lines. When the buzzing of a Taub's engines had been heard in the distance I've known them to stampede and race for miles before they halted. But when the machine disappeared they returned back. I've patrolled close to Turkish positions on dark nights, and although there has been no sign of a hidden enemy my horse has suddenly reared, and the next second a shot from a nearby bush or cactus grove has rung out. Many a Light Horseman owes his life to this strange instinct amongst the hoofed Australians."

Helps a Weak Throat Strengthens the Voice Cures Bronchitis

By Breathing the Healing Balsams of Catarrhoxone You Are Cured Without Using Drugs

You breathe through the Catarrhoxone inhaler medicated air that is full of healing, soothing balsams, full of piney antiseptic essences that resemble the air of the pine woods in the Adirondacks. This piney vapor has a truly marvelous action on weak throats. It brings strength and health to the bronchitic, stops that hacking, irritating cough, prevents hoarseness and difficult breathing. You can't find anything for weak-throated people on earth more beneficial than Catarrhoxone. It means heaven on earth to the man that has had bronchitis, catarrh or throat irritation. You will realize this the first time you use Catarrhoxone which is a scientific preparation specially designed for diseases of the nose, throat and bronchial tubes. Get the large size. It lasts two months, costs \$1.00; medium size 50c; sample size, 25c. All storekeepers and druggists or the Catarrhoxone Co., Kingston, Canada.

PROTECTS BIRDS.

Quebec Sets Aside Perce Rock for Them.

It is an encouraging sign when grave politicians like those who make up the Parliament of Canada and the Legislatures of Ontario and Quebec forget politics and consider the welfare of the birds of the air. The latest move on behalf of these neighbors was the passing of an act by the Legislature of Quebec, establishing Perce Rock, the bird ledges of Bonaventure Island, and Bird Rocks, in the Gulf of St. Lawrence, as sanctuaries for the sea fowl that abound in that region. In 1915 the Federal Government set aside Point Pelee as a national park and bird sanctuary, and in 1917 the Ontario Government set apart two Crown game preserves or bird sanctuaries, one located near Collingwood, known as Peasemarsh farm, and the other a district in Essex County, surrounding the farm of Jack Miner, who has, perhaps, the largest private sanctuary in the world, Peasemarsh, which forms one of the scenic features of the Bay of Chaleur contains about six square miles and rises to a height of over 300 feet, and upon its ledge thousands of birds nest without fear of molestation. This rock, it is believed, is the sole refuge of the herring gull and the crested cormorant. The Bird Rocks, a group of three, belong to the Magdalen Islands, and lie 100 miles off the coast of Gaspé. On Great Bird, which contains about seven acres, is situated the lighthouse, and here the auks, the Solan goose, and kittiwakes in great numbers have their nests.

Minard's Liniment for sale everywhere

TIMELY RECIPES.

A DISH OF PINEAPPLE. Pineapples are coming into market, and by the middle of the month the small strawberry pines will be plentiful, of good quality and not expensive; the larger variety is not likely to appear in quantity before June. In using this fruit as a dessert it must be remembered that in combination with gelatine pineapple must always be cooked. The fresh fruit is here illustrated. After brushing, washing and drying, the pineapple, rind and all, is halved lengthwise, then cut into slices with a sharp knife; the rind portion is cut out, leaving the rind intact; each slice after eyeing is carefully slipped back into the rind and all put together on a serving dish, so that apparently it has only been halved, the central portion of the crown, when in position, adding the finishing realistic touch.

RAISIN PUFFS. Cream one-half cup butter, add two tablespoons of the most well-beaten eggs, one cup milk, two cups flour with two teaspoons baking powder and one-quarter teaspoon salt, one cup seeded raisins cut in small pieces and dredged with one-quarter cup flour. Turn into buttered cups. Steam about 35 minutes. Serve with plain or whipped cream, sweetened and flavored to taste.



OXFORD JOHN.

This is an old English dish that offers a simple but delectable way of reheating cold meats. Brown well in butter slices of cold mutton; add one cupful of rich stock or cold gravy, and a teaspoonful of currant jelly, and season with salt and pepper, onion juice, little chopped parsley and a blade of mace. Simmer for five minutes. Arrange the slices on a platter, surrounding with a low mound of mashed potatoes. Strain the gravy over all. Garnish with a large spoonful of jelly.

TONGUE FILLETS. Cut cold boiled salted tongue in pieces about four inches long, two inches wide and half an inch thick; dip in melted butter and in flour; for eight filets put two tablespoons of butter in the frying pan and when hot put in the tongue; brown on both sides; remove and put one more spoonful of butter in the pan and add one teaspoonful of flour; stir until dark brown, then add one cupful of stock, half a teaspoonful of minced parsley and one tablespoonful of lemon juice; let this boil up once, then pour over the tongue, which has been placed on thin strips of toast; garnish with parsley and serve. This is one of the best ways known for serving left-over tongue. Fresh tongue may be used, in which salt will be required.

FRIED APPLES. Slice some ripe tart apples; beat two eggs, sweeten and flavor; dip in the slices of apple and fry in butter.

CRACKED WHEAT. Stir a teaspoon of cracked wheat into a quart of boiling water; boil slowly one hour; serve with sugar, cream and nutmeg.

CHICKEN CROQUETTES. Take one cold boiled chicken, chop fine, with a teaspoon of suet, two prigs of parsley chopped, one nutmeg grated, a tablespoonful of minced onions, the juice and grated rind of one lemon, salt and black pepper to taste; mix all well together; add a teaspoon of cream; mold into croquettes, dip in beaten egg, and roll in pounded cracker; fry in boiling lard.

Minard's Liniment Relieves Neuralgia

Worth Knowing.

To keep irons from rusting rub with mutton fat and wrap in brown paper before putting away.

If a pan of water is placed in the lower shelf of the oven when cake or bread is nearly baked it will be found that the cake or bread will brown nicely on top without becoming burned or too hard upon the bottom.

Bits of soap are often a nuisance when they are kept for future use. They may be used up at once if they are put in a little dish as in a jelly-mould and boiled with a small amount of water for two minutes, then cooled in the mould. A cake of soap in which these bits are held together will result.

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment. I send you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them. If you are troubled with weak, tired feelings, headache, backache, bearing down, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 8, Windsor, Ont.

CANADIAN CHEMICALS

Survey of Industrials by Dominion Bureau.

At the request of the Honorary Advisory Council for Scientific and Industrial Research, the Dominion Bureau of Statistics has completed a special survey and directory of Canadian chemical industries. The chemist in charge was Mr. S. J. Cook, B. A., A. I. C., who has introduced the report with a summary of war-time enterprise and accomplishment which must rank as a proud chapter in the development of Canadian industry. Mr. Cook refers to the construction of Shawinigan Falls, Quebec, of one of the largest power reservoirs in the world, second only to the great dam at Gatun. A city with great industries has grown up at Shawinigan and there the world's largest glacial acetic acid plant was built for war purposes, an entirely new process beginning with acetylene having been developed. Other important chemical products of the highest grade are being manufactured there, while two plants at Shawinigan are producing aluminium. Mr. Cook reports that salicylic acid and its derivative, aspirin, are now made in Canada, as are many other

POULTRY WANTED.

POULTRY WANTED, ALL KINDS. Poultry alive 25 cents a pound, any kind, any size, no deduction for shrinkage. I pay express in Ontario. Samuel Lewis, 606 Dundas West, Toronto.

EDUCATIONAL

PARK Business College

The school for best results. 72 James St. N., Hamilton, Ont. Thorough courses—Shorthand, Clerical, Bookkeeping and Secretarial. Excellent opportunities for Public School teachers and High School graduates. For full particulars, rates, etc., send for free Circular "A." In estimating value, you must consider service, quality and price—not price alone. It is not so much what you pay; it is what you receive, that is vital to you. We give personal attention, individual instruction, and prepare our students thoroughly for superior positions. Write us to-day. New students enrolled every Monday. The best is the cheapest in the end. Park Business College A. J. Park F. W. Park HAMILTON, ONT.

chemicals. New disinfectants, closely resembling former German products, are appearing from Canadian factories. Mr. Cook enumerates a large number of other chemicals which are now being produced in Canada for the first time in commercial quantities. He also tells of the expansion in lines of production which, before the war, were comparatively undeveloped. But public support is essential if this progress is to be maintained. War demands built up in Canada a number of large industries employing thousands of workers and unless many of these factories can find peace-time uses for their products much of the advantage will be lost. Already many of the plants operated by the Imperial Munitions Board have been closed and, in some instances, dismantled, but there remain many plants in the chemical field which are still operating and there is room for others. Mr. Cook points out that "in every land where an industry of national importance is to be built up, the people must be educated to its importance and value."

Catarrhal Deafness Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Surfaces. ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

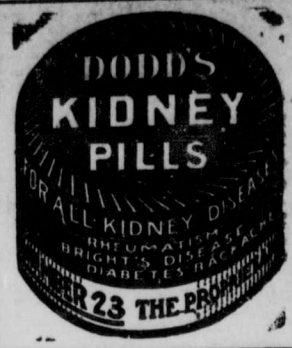
The Arenga.

The arenga palm is useful. It grows wild in the Dutch East Indies. Its leaves are covered with long, black fibres. These fibres appear after the old leaf-stalks have withered. The arenga fibre is known by the natives as "gemutu," "duk" and "Indjuk." They use it for roofing their huts, in making small stiff brushes, in house and boat building. The arenga fibre has great resistance to water, and consequently makes a fine coating for submarine cables. Sago and palm sugar are also obtained from the arenga, which is known to botanists as "Arenga saccharifera Labill."

Minard's Liniment Cures Dandruff.

The Coldstream Guards.

The Coldstream Guards is a regiment of footguards in the British army, forming part of the royal household brigade. It is one of the oldest regiments of the British service, dating from 1659. In that year Gen. Monk, who, after the death of Cromwell, took sides with the Parliament and the army, organized the regiment at Coldstream, a border town of Berwickshire, Scotland, whence the name of the regiment, and marched with it into England. It has seen service in every British campaign of any magnitude, and has emblazoned on its regimental colors the names of many of the most brilliant victories of British arms.



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HELP WANTED—FEMALE

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 Company, Montreal.

FARMS FOR SALE

IF YOU DESIRE TO SELL YOUR farm send me full particulars and have description published in my new Catalogue. No expense whatever to you unless I effect a sale. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

200 ACRES, FINE STOCK AND grain farm, in Township of Arthur County of Wellington, with bank barn 66 x 60, stone house, good orchard, well watered and fenced; 20 acres hardwood bush, and 150 acres under cultivation, for further particulars for price, terms, etc. Apply to Jas. McMillan & Sons, Mount Forest, Ont.

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington, Lot 17, Concession 7, all cleared and in good state of cultivation, new bank barn 66 x 66, log house, two good wells, one mile from Kenilworth, church, school, and good market. For particulars, apply to owner, Mrs. Lynch, 600 Crawford St., Toronto, Ont.

OR SALE—24 ACRES, NORTH HALF lot 5, concession 8, Beverly 5 miles east of Galt, good buildings, well fenced, well watered, in first class condition. Best phone, rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 4.

FARM FOR SALE—50 ACRES, NORFOLK County, 1 1/2 miles from Simcoe; close to electric railway; all cleared and all clear, natural drainage. Frame house, two barns, two good wells, spring creek runs through farm; will sell with or without stock, implements. This is a first class farm, in a splendid district. Dreher Bros., R. R. No. 4, Simcoe, Ont.

IMPROVED GRAIN, STOCK, FRUIT, Garden lands, Norfolk County. Get description. W. Lewis, Waterford, Ont.

MUSKOKA FARMS—ONE TO TWO hundred acres; wood, stock, or crops. Farms, buildings, fences. Address Realty Co., Box 523, Bracebridge.

300 ACRES EXCELLENT GRAIN, Stock or Dairy farm, Esqueville of Halton County. Very fertile. Three stations within three miles. All sold half separately. H. G. Cockburn & Son, Guelph, Ont.

200 ACRES LOAM—LOT 20, 5TH CON- CESSION, Township Ernestown, County Lennox, between Nanawau and Kingston; 120 acres cultivated, 80 pasture, 20 small timber; never failing creek crosses farm near buildings; three good wells; two good dwelling houses; garage, drive-house; three large barns, stabling 33 head cattle, 9 horses; new granary, two pig pens, chicken house; school opposite corner; rural mail; telephone. Benjamin Davis Estate, Odessa, Ont.

38 ACRES—ALL PLANTED TO FRUIT, except about 5 acres. Good 10 roomed house, large barn, stable. Fruit house and poultry house. Soft and hard water. Best of soil. On Barton Street, eight miles from Hamilton, soil as a going concern. Horses and implements. Ill health reason for selling. Will take some change. Address P. O. Box 65, Hamilton.

MISCELLANEOUS

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen you get your money back.

FOR SALE—FIFTY SHARES ANZAC Gold Mines at sixty cents each. W. Hyland, 217 George street, Toronto.

THE MARKET PLACE

AUTO OWNERS AND MECHANICS. Don't lose your tools. Stamp your name on every one and be insured against loss and theft. We will make for you a stamp hand cut from tool steel; it will last a life time; send 30c for each letter of your name and 10c postage, if only your initials are required, send H. Crown Stamp & Die Works, Waterdown, Ontario.

HOME BUILDERS.

Write for Free Book of House Plans, and information telling how to save from two to four hundred dollars on your new home. Address, Halliday Company, 21 Jackson Street East, Hamilton, Ontario.

BUSINESS CHANCES

TO LET—A BLACKSMITH SHOP AT Carluke; a good opening for a good tradesman; first class business stand. Apply J. B. Calder, 4, R. No. 3, Glanford Station, Ont.

FREE To Asthma, Hay Fever and Catarrh sufferers. Write to-day and get a trial treatment of the world's greatest remedy, Buckley's two bottle mixture; nothing ever made like it... One bottle gives instant relief, while the other drives the poison from the system. Something different; no burning or nerve wrecking drugs, but two scientific mixtures that will conquer any of the above ailments. Don't hesitate a minute longer. Fill out the blank below and get started on the road to health. W. K. BUCKLEY MANUFACTURING CHEMIST, 97 Dundas St. East, Toronto. Sir—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer. NAME ADDRESS

SEND YOUR CREAM To the Best Market in Canada We supply cans and pay express. Cash weekly. Write for cans now. Don't let your biggest month go by without taking advantage of our price. Representatives wanted in every locality; write us. H. N. CARR & CO., Ltd. 193 King St. East Hamilton, Ont