



MURINE
Night
Morning
Keep Your Eyes
Clean - Clear - Healthy
Write for Free Eye Care Book, Boston Co., Chicago, U.S.A.

VEGETABLE FOOD.
It Gives Health When Cooked Properly.

Fresh vegetables, served freely, mean vigor and freedom from sickness for those who eat them. They keep the blood as it should be and the whole body in good condition. A second helping will be asked for if the vegetables are cooked so they are refreshing and palatable.

Vegetables just out of the garden taste best when simply cooked—steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with very strong flavors such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as possible, in order to preserve the flavor. If they must be kept over keep in the ice box or some other cool place.

Let wilted vegetables soak in cold water or freshen them, if vegetables must stand after paring, cover with cold water to prevent wilting and discoloration.

Before cooking put head vegetables and greens in cold water for one hour with a tablespoon of vinegar to remove insects, then wash very carefully.

Drain all boiled vegetables as soon as tender—they become soggy if allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables are better when cooked in a small amount of water because a part of the mineral salt dissolves out into the water and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves re-

quire no added water for cooking. If thoroughly washed enough water will cling to the leaves to prevent burning. Delicately flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils.

Strongly flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the water changed several times during the cooking.

Starchy vegetables should be put on and cooked in a sufficiently large amount of boiling water to cover them. Boil gently and keep kettle covered.

The time required for cooking vegetables depends on the kind, size and age of the vegetables. Judgment must be used in deciding when they are quite done but not overdone.

The Death Warrant Delivered

No defence can be offered when you apply Putnam's to a sore corn—the offender has to die. Nothing so certain to quickly cure corns as Putnam's Corn and Wart Extractor; try Putnam's, it's free from acids, and painless. 25c bottles sold by all dealers.

LAYING A CABLE

A Costly and Troublesome Operation.

When we reflect that the world is served by no less than 1,050 distinct telegraph cables, sunk beneath the waters, costing \$120,000,000, and that nearly the whole were made in London and belong to British capitalists, it may be worth while to consider for a moment the operations involved, says Answers.

First, the route of the proposed cable must be determined. In most cases this can easily be done by reference to the existing charts. If, however, no reliable charts of the region exist, a special surveying expedition is sent out to determine a path for the cable.

The object is to secure, at the least possible depth below the surface, a fairly level platform, free from ridges, which might chafe and cut the cable; and from hollows or ruts, in which the cable might not be able to support its own weight. At the same time, it is of the utmost

ASTHMA
Templeton's PAIN-WASH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.
Write Templetons, 142 King St. W., Toronto, for free sample.
Reliable druggists sell them at \$1.04 a box. 70

importance to have the cable route as short as possible, for every extra mile means an expense in round numbers of \$1,000.

Then the cable has to be made. This is a very long business. First there are the copper wires—forming the conductor of electricity—which are covered with four distinct coatings of gutta percha. Over this are wound two layers of tape—sometimes metallic tape is used where attacks from insects are feared. Then come two layers of Russian hemp. After this comes a covering of steel wire. And over all these are two coatings of very strong canvas ribbon, coated with a mixture of pitch and gutta percha. The average rate of cable making is three miles a day from each set of machines, or say twenty miles a day from the whole factory.

The cable near the shore is protected by additional thicknesses of steel wire to prevent injury from anchors, etc.

As fast as the cable is made it is coiled down in immense tanks of water and tested continually to see if its electrical condition is perfect. When complete, the cable is coiled away on board the ship that is to lay it in its ocean bed.

Cable ships are twin-screw steamers of very great size, with their holds occupied by immense circular tanks. A very large number of men are carried—fishermen and the like—at low rates of pay, for the rough heavy work; while for the electrical and navigating work a large staff of highly paid officers are carried.

All being ready, the cable ship proceeds to the point where the laying of the cable is to begin. The shore end is landed, spliced on to the deep sea portion, and connected up to a set of instruments in a hut on the shore. Part of the electrical staff is left in this hut, and a series of signals is passed to and fro between the ship and the hut all the time that the cable is being paid out. As the cable often is two thousand miles long, it may be imagined what unmitigated attention is necessary on the part of the electricians.

Meanwhile the ship is steadily proceeding onward to her destination at the rate of five miles an hour. It is not possible to go faster, or else it would endanger the lives of the men in the cable tanks, who are handling the cable and seeing that it runs out freely. The work, of course, proceeds night and day. Meanwhile the electricians take their turns at testing the electrical qualities of the cable, and exchanging signals with those on the shore.

At last the farther shore is reached, and the second shore-end spliced on and landed.

Landing these shore-ends is very disagreeable work. It may be that on one side to strip and wade up to one's neck in water infested with sharks while carrying or dragging the heavy cables ashore.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. Martel's Pills. A Scientifically prepared remedy for all female ailments. Sold only in a Patented Tin-Clay-Coated Box. At your Druggist, or direct by Mail, price \$2.50. Kitchener, Ontario, Canada.

So there is hope for most people as far as birthmonths are concerned.

Just Jottings.

By a new Danish process wood is given the effect of many years of seasoning in 24 hours.

Airplane expeditions are said to have a beneficial effect on tubercular lungs.

The cellar of an abandoned brewery has been profitably turned into a mushroom farm.

The depressing effect upon a patient of being transported in an ambulance is overcome by building the vehicle on the lines of a modern limousine.

Blind men of a Pacific coast institution have become expert rope splicers and knotters with a very brief series of lessons.

A HOPE THAT FAILED.
(The Queensland, Brisbane, Australia)
The greatest ocean liner rolled and pitched.

"Henry" faltered the young bride, "do you still love me?"

"More than ever, darling," was Henry's fervent answer.

Then there was an eloquent silence.

"Henry," she gasped, turning her pale, ghastly face away, "I thought that would make me feel better, but it doesn't!"

She Tells Just Why They Are So Popular

MRS. OAKES SPEAKS IN PRAISE OF DODD'S KIDNEY PILLS

She had severe backache before using Dodd's Kidney Pills but now she says she is quite well again.

Hastings, Ont., March 15th. (Special)—Among the women in this section who are shouting the praises of Dodd's Kidney Pills is Mrs. John Oakes, one of our highly respected residents. Nor does Mrs. Oakes fail to give the reason.

"Before using Dodd's Kidney Pills," she states, "I suffered with severe backaches. Now I am quite well again."

"I am highly pleased with Dodd's Kidney Pills. They have given me the best of satisfaction."

In those last two sentences Mrs. Oakes gives the reason why Dodd's Kidney Pills are so universally popular among the women of Canada. They give satisfaction. Women in all parts of Canada are every day stating that they suffered from kidney ills and found relief in Dodd's Kidney Pills.

If you haven't used Dodd's Kidney Pills ask your neighbors about them. They have been in use in Canada for more than a quarter of a century and have earned a place in the family medicine chest almost everywhere.

Strange Customs of Tahiti

When the boys of Tahiti came marching home from the world war the fantastic native dances, the "hominies" or fox songs which have been compared to Wagnerian opera, and the ancient fire-walking ceremony, were revived to welcome them. These customs, all but suppressed by civilizing French influences, were among the most interesting practices of Polynesian peoples.

Tahiti women were extolled by early travellers as being the most beautiful in the Pacific Islands; their men still are fine physical specimens; and the early civilization of the isolated people has been one of the wonders of science.

The Tahitians knew some of the constellations, navigated by the positions of the stars, made progress in music which is startling, yet preserves many savage customs, such as plucking an eye from a human being to be placed in the mouth of a priest as an acceptable offering to their gods, and encouraging their women to suckle dogs, pigs and other animals in high veneration.

There are some interesting facts in the diary kept by the late S. P. Langley, who visited the island nearly twenty years ago and heard old-time songs and saw native dances and rites, which have been revived to honor the men who fought under Allied colors in France.

"The native women sing 'hominies' with some very striking effects," he wrote. "The voices have something plaintive and metallic in them, yet are melodious and in harmony. In the first song, at the end of each verse, all stopped suddenly, giving the effect of the 'couac' of the opera singer. In all the verses there was an undertone beneath the song. This undertone continued alone for a few seconds at the end of each verse, after the superposed song was finished and died out separately and slowly, like the drone of some great bagpipe. The natives gave names to each of us, mine being 'A-to-hi,' which means 'qui les lauriers.'"

"I went out to the public dancing and singing, in competition for prizes offered by the Government. It takes place in the square before the Government House, and everybody is there, either performing or looking on. Almost the whole population of the island has come."

The chief interest among the islanders seems to lie in the competition of singing 'hominies,' and next to that, is the dancing, which is pantomimic as much as regular. As a public show, most of the native dances are unrepresentable, so that, I have understood, the authorities have had some difficulty in finding a dance which will do for such an occasion. Savages are here from the neighboring islands, a fine-looking chief from Cook Island taking a part, and a woman from the same island gave a little of the presentable part of the 'Hoola Hoola.' Her body would be quivering like a jelly and suddenly grow rigid as a statue—a notably odd effect.

"In one very good dance by the Cook Islanders over thirty persons took part. They sat down in three rows, representing rowers in a canoe, while two eul and steer. They had paddles, and paddled to the sound of drums. A lookout man sweeps the horizon till he sees a big fish, and the canoe rows for him. One of the

Cause of Early Old Age

The celebrated Dr. Michelson, an authority on early old age, says that it is "caused by poisons generated by the intestines."

When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

steering sharpens a harpoon and passes it forward, and the fish (a man dressed in red) is harpooned. There is a tremendous time in pulling him in, he runs around and entangles the line among the bystanders, and finally he gets a second harpoon in him, is hauled on board, and (in pantomime) cut up with an ax, dismembered, and eaten by the crew. Everybody is in motion, but it is rather a panjandive than a dance.

"In the afternoon I went over to see preparations for the fire-walking. Within 100 yards of the ship a shallow pit is dug about 3 x 20 feet, by 18 inches deep. This is to be filled with firewood, and the stones heaped on the wood. These are smooth, water-worn, volcanic stones of varying size, but all rather large and weighing, at a guess, from 15 to 50 pounds. The number of stones was about 200, and their average length about 15 inches.

"The fire there, I am told, invariably burned for four or five days before, and the stones became coated with lime. I learned that on one occasion, the French authorities having forbidden the priest to perform in his usual place, he made the 'oven' of other stones, heating them for 36 hours.

"At 4.40, the old priest, Papa'ita, arrived. He beat the near stones with a large bunch of TI leaves three times, and then began to walk through the middle rather hurriedly, followed by two acolytes, who appeared to shun the hot central ridge, and walked along the sides. Then he walked back, followed by several, then back once more with an increasing crowd, most of whom avoided the centre. One white boy took off his shoes, but could not stand the heat upon his bare feet, and stopped.

"At this point I had the hottest stone of the pile in the centre, on which the feet had certainly rested several times, hauled out and placed in the water bucket. A trifle of the water was spilled by the plunge, and the rest boiled hard and continued to do so for about twelve minutes. At the end of that time the stone was still too hot to handle.

"It was a capital exhibition of savage magic and well worth seeing, but no miracle!"

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send you a FREE treatment, with full instructions. If your children trouble you in this way, send me a note, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

Mrs. M. Summers
WINDSOR, Ontario

THE NUTHATCH.
(London Free Press.)

Shrewd little hunter of woods all grey,
When I meet on my walk of a winter day—
You're busy inspecting each cranny and hole
In the ragged bark of your hickory bole;
You intent on your task and I on the law
Of your wonderful head and gymnastic claw!

Perhaps of all the winter bird friends the nuthatch is most interesting, not because he wants to be chums as does the friendly little chickadee, but owing to the unique and distinctive manner in which he roams where he will, up or down the trunks of trees, or under and over its branches. There is impudence and daring in the very length of his bill and the tilt of his journey of a tree to peer at one with inquisitiveness and disinterested curiosity. He is timid about accepting the hospitality of the window feeding board, and makes many experiments visits before he decides to partake of the feast outspread. His food consists largely of eggs and larvae of insects and spiders, which he seeks on parts of trees that cannot be reached by other birds. His claws are provided with sharp little hooks that catch in the bark and make it quite as possible for him to run down the trunk of a tree as to climb upward, and very cleverly he avoids snow or ice on the limbs of the trees by running nimbly along underneath.

The nuthatch is a wise provider for a hungry day and has a most surprising habit of carrying food to a nearby tree, and in the holes and crevices of the bark he hides his unneeded food against times of want. This is the origin of his name. He hides nuts in tree trunks, and often in hammering his treasure securely into its hiding place, he breaks the nutshell with his strong, sharp beak, and perhaps as a reward of his labor tastes a morsel of the meat. It is interesting to note a tree hiding-place of a home nuthatch with the bark pierced in so many places with bits of food. The colder the day the busier and happier he is, and though there is nothing appealing in his queer little chatter, he has an interest of action and a striking beauty of plumage that make the winning of his notice well worth while. The white-breasted nuthatch has a glossy

black crown strongly contrasting the snow-white of the breast and blue-grey upper body and wings, the latter beautifully touched with lines of black, and the red-breasted nuthatch, also one of Canada's winter birds, has a rusty tint over his breast and curiously pencilled black lines extending from his bill to the soft grey of his body. These little winter friends are ours to help us pass the grey days of the shut-in season. There is something very beautiful in the knowledge of their presence in the "snow-weary hearts and eyes" until the spring sends them into their retreats in the dark cool woods, to make their nests in holes of trees and brood over their nestlings in a secluded green world.

REVENGE.
(Home Sector.)
Water—Porterhouse steak—and make it small and tough.
Chief (in surprise)—Why small and tough?
Water—The guy that ordered it used to be my second lieutenant.

WOOD'S PHOSPHODINE.
The Great English Preparation. Jones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Work, Dependancy, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

MARKET REPORTS
TORONTO MARKET

FARMER'S MARKET.

Dairy Produce—

Butter, choice dairy	0.62	0.63
Do., creamery	0.70	0.80
Margarine, lb.	0.70	0.80
Eggs, new laid, price	0.70	0.80
Cheese, lb.	0.35	0.40

Dressed Poultry—

Fowl, lb.	0.40	0.45
Chickens, roasted	0.40	0.45
Turkeys, lb.	0.55	0.60

Live Poultry—

Chickens, lb.	0.35	0.38
Roasters, lb.	0.35	0.38
Fowl, lb.	0.35	0.40

Fruits—

Apples, bkt.	0.50	1.00
Do., bbl.	5.00	8.00
Rhubarb, bunch	0.10	0.15

Vegetables—

Beets, bag	2.25	2.50
Carrots, bag	2.00	2.25
Cabbage, each	0.15	0.40
Cauliflower, each	0.37	0.50
Celery, head	0.10	0.25
Leeks, bunch	0.10	0.20
Lettuce leaf, 3 for	0.10	0.20
Lettuce, head, each	0.10	0.20
Onions, bkt.	0.05	0.15
Do., green, bch.	0.05	0.15
Peppers, doz.	0.50	0.75
Potatoes, bag	4.25	4.50
Parsnips, bunch	0.10	0.15
Turkeys, bag	1.25	1.50

MEATS—WHOLESALE.

Beef forequarters, cwt.	14.50	16.10
Do., do., medium	12.50	14.10
Do., hind quarters	22.50	24.10
Do., do., medium	15.50	17.10
Carrots, choice, cwt.	19.00	21.10
Do., medium	15.00	17.10
Do., common	10.00	12.00
Veal, common, cwt.	18.00	20.00
Do., medium	21.00	23.10
Do., prime	24.00	26.10
Heavy hogs, cwt.	20.50	22.50
Shop hogs, cwt.	25.00	27.00
Abattoir hogs, cwt.	18.00	20.00
Mutton, cwt.	16.00	18.00
Lamb, yearling, lb.	0.33	0.35

SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar—Toronto delivery, are now as follows:

Atlantic, granulated, 100-lb. bags	16.71
Do., No. 1 yellow, 100-lb. bags	16.31
Do., No. 2 yellow, 100-lb. bags	16.21
Do., No. 3 yellow, 100-lb. bags	16.11
Acadia, granulated, 100-lb. bags	16.71
Do., No. 1 yellow, 100-lb. bags	16.31
Do., No. 2 yellow, 100-lb. bags	16.21
Do., No. 3 yellow, 100-lb. bags	16.11
Redpath granulated, 100-lb. bags	16.46
Do., No. 1 yellow, 100-lb. bags	16.06
Do., No. 2 yellow, 100-lb. bags	15.96
Do., No. 3 yellow, 100-lb. bags	15.76
Do., No. 4 yellow, 100-lb. bags	15.66
St. Lawrence gran., 100-lb. bags	16.71
Do., No. 1 yellow, 100-lb. bags	16.31
Do., No. 2 yellow, 100-lb. bags	16.21
Do., No. 3 yellow, 100-lb. bags	16.11

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows—

	Open.	High.	Low.	Close.
May	...A9 96%	0 97%	0 96%	0 96%
July	...B9 92%	0 92%	0 91%	0 92%
Barley				
May	... 1 55%	1 57%	1 55%	1 56%
July	... 1 45%	1 49%	1 47%	1 49%

Flax—

May	... 5 29	5 32	5 28	5 28
July	... 5 01	5 03	5 00%	5 00%

A-To 97 sold. B-To 92% sold.

MINNEAPOLIS GRAIN.

Minneapolis, Minn., Close: Wheat, spot No. 1 North, \$2.70; No. 2, \$2.65; unchanged; shipments, 41,203 barrels. Barley, \$1.35 to \$1.56. Rye, No. 2, \$1.62%.

Catarrah Deafness cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrah Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarrah Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, it has a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and the tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrah, which is an inflamed condition of the Mucous Surfaces.

ONE HUNDRED DOLLARS for any case of Catarrah Deafness that cannot be cured by HALL'S CATARRH MEDICINE.

All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

A FINAL ARGUMENT.

She (to dentist lover)—"Mother will not believe that I come here about my teeth so often."
He—"I will send her a bill to-morrow."

NOT SO SHOCKING NOW.

Edith—ever dream of appearing in public in your night dress? Don't it awful? Maud—It used to be before our ordinary clothes got so skimpy.

The faculty of imagination is the great spring of human activity, and the principal source of human improvement.—Dugald Stewart.

SUN LIFE SHOWS BIG GAINS IN ALL LINES

49th Annual Report is Issued, Showing Tremendous Gains in New Business Obtained.

Some new and interesting records in the insurance business were made by the Sun Life Assurance Company of Canada during 1919. The 49th annual report of the company has just been published and shows that the new business actually issued and paid for during the past year was \$86,548,850, being an increase of \$34,957,457, or 67.7 per cent. over 1918. The tremendous business of the Sun Life will be realized when it is stated that applications for new assurances retained during 1919 exceeded one hundred million dollars. The figure creates a distinct record in the insurance business of the Dominion, as no Canadian company has ever before approached this total.

The business in force amounted to \$416,358,462, showing an increase of \$75,548,805. The assets of the company were increased by \$8,091,089 and now amount to \$106,711,468, while the report shows a net surplus of \$8,037,440 over and above all liabilities and capital stock which indicates the importance attached by the company to safety and protection. The company paid out to policy-holders and their beneficiaries \$12,364,700, bringing the total amount paid out in this connection since organization to \$91,227,532. Another record was made in regard to income with a total of \$25,704,201, or an increase of \$4,043,101 over the previous year.

Owing to the remarkable development in the business of Canada's greatest life assurance corporation, the directors feel that the business in the Dominion is due to enormously expand during the present year.

HIGH GRADE OIL AT LEAST COST

Your heat, light and power needs are best served with Imperial Royalite Coal Oil. Every drop is clean, powerful and absolutely uniform. Imperial Royalite gives you the highest fuel satisfaction and costs no more than ordinary coal oil.

Imperial Royalite Coal Oil meets every test of a perfect oil, allows you full power from tractor or stationary engine. Used in oil heaters and stoves, it burns clean—no smoke or soot—and it's best for oil lamps, too.

You can get Royalite everywhere when you want it. Our unlimited means of distribution assures that.

No coal oil is better than Imperial Royalite, so why pay higher prices?

IMPERIAL ROYALITE COAL OIL

ON SALE EVERYWHERE

IMPERIAL OIL LIMITED
Power - Heat - Light - Lubrication
Branches in all Cities