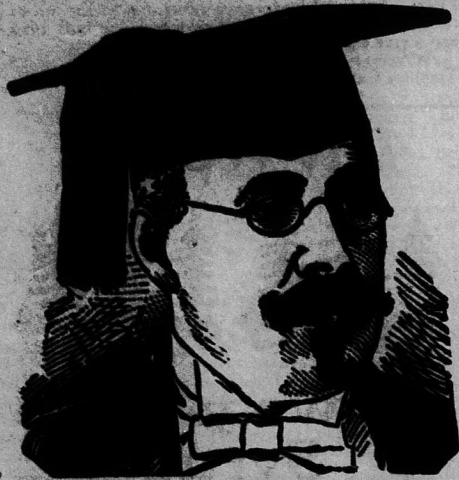


Don't Neglect CATARRH



CATARRH SPECIALIST SPOULE
Who Will Give Free Advice on Curing
Catarrh to All Who Ask For It.

MEDICAL ADVICE FREE

on just how to cure Catarrh. It shall not cost you a cent, and it's bound to be of wonderful aid to you.

Let me show you what I'll do for you entirely without charge. For twenty-one years I've been studying and curing Catarrh. Now I offer you, without any expense whatever, free consultation and advice on curing your trouble—the benefit of my wide knowledge and beneficial discoveries.

Don't let this chance go by—accept my assistance to-day! It's promised in genuine sincerity and friendliness. People all over North America, who've already received my advice, gladly testify to what it has done for them. I'll cheerfully send you names and addresses of those who have sought my aid. Now they are cured of Catarrh, as they willingly bear witness.

Learn at once how Catarrh can be cured—thoroughly and successfully. Simply answer my questions yes or no, write your name and address plainly on the dotted lines, cut out the free medical advice coupon and mail it to me without delay. Address: Catarrh Specialist Spoule, (Graduate in Medicine and Surgery, Dublin University, Ireland, formerly Surgeon British Royal Mail Naval Service) 20-26 Trade Building, Boston. Don't waste any time—delays are dangerous. Do it NOW.

Take it in hand at once! Drive it out of your system before it ruins your health—your happiness—your very life itself!

Don't be blind to its dangers, because it works so quietly. Catarrh wrecks more lives than all the other diseases put together—it leads on every year to thousands upon thousands of deaths.

Are you making that common, dangerous mistake of thinking Catarrh a trifling ailment? Are you fooling yourself with the idea it's only a stubborn, obstinate head cold that in time will "cure itself"?

Don't deceive yourself any longer! Catarrh can't cure itself. While you heedlessly neglect it, you're fast becoming a hawking, splitting, foul-breathed nuisance—an object of disgust to everyone you meet. Worse still—you're allowing Catarrh to get down to your lungs.

Once Catarrh settles on the lungs it's no longer Catarrh—it's Consumption. Consumption often results from neglected Catarrh, and great numbers of people die every year just because they've neglected Catarrh.

CURE YOUR CATARRH NOW—don't let it run on another day. Write to me at once and let me give you really helpful and valuable

CUT OUT THIS COUPON

It entitles readers of this paper to free medical advice on curing Catarrh.

Is your throat raw?
Do you sneeze often?
Is your breath foul?
Are your eyes watery?
Do you take cold easily?
Is your nose stopped up?
Do you have to spit often?
Do crusting form in the nose?
Are you worse in damp weather?
Do you blow your nose a good deal?
Does your mouth taste bad mornings?
Do you have a dull feeling in your head?
Do you have to clear your throat on rising?
Is there a tickling sensation in your throat?
Do you have a discharge from your nose?
Does the mucus drop in back of throat?

NAME _____
ADDRESS _____

PROMPT SHIPMENTS

We have a good stock at Brandon, Man., Moosejaw, Sask., and Calgary, Alta., of the following goods:—Chatham Fanning Mills, Chatham Farm Scales, Chatham Incubators and Brooders, Chatham Separators, for oats and wheat, Chatham Kitchen Cabinets, Chatham Grain Picklers.

Parties living on the main line between Pense and Swift Current and on the Soo line, send orders to Bunnell & Lindsay, Moose Jaw, distributing agents for that territory. Alberta customers send orders to John I. Campbell, Calgary, and orders for other territory to be sent to Wm. Atwell, Brandon, Man.

The MANSON CAMPBELL CO., CHATHAM, ONT.

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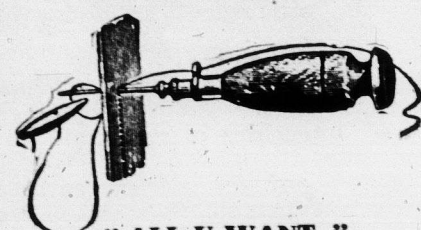
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"ALL-U-WANT."

Inquire of hardware merchants in your own town. Selling price 50c. each. Waxed Thread 10c. spool. Extra Needles 5c. each.

"AWL-U-WANT" 79 Front St., E. Toronto, Wholesale Agents.

Hints for the Housewife.

To Renew Old Matting.

It is very poor economy to buy the very cheap matting, though they are very pretty and serviceable to a certain extent but good, firmly woven matting will last as long as a good carpet, if carefully used, it is far more easily kept clean than any other floor covering, and then it is more healthful, less work, and cheaper.

Housecleaning usually reveals the fact that some of the matting is too worn for further use, but sometimes an old matting can be made to do duty for another season, by changing the widths from the center to the sides, allowing the sides to come to the centre where there is more wear. When an old matting is to be put down again, it can easily be freshened if not very much soiled, by wiping the surface with warm water containing a handful of salt to a pailful of water. If there are any grease spots found on good matting. Cover them with a thin paste made with fuller's earth and cold water, and allow it to remain for two or three days before sweeping off.

A matting that had been in use for four years, but was still good, was swept thoroughly on the right side, then the tacks were removed, each width rolled up and taken out doors and laid on the ground right side down and swept until no more loose dust would sweep off, then it was tacked to a clean, dry floor and given a thorough scrubbing with a strong lather of Ivory soap and warm soft water, and as a small portion was cleaned it was rinsed with clear water and rubbed as dry as possible with clean, soft cloths. When the matting was perfectly dry it was fresh and clean-looking and it is kept clean by brushing every day with a soft broom, and once a week the rugs are taken out and hung over the line and beaten with limber switches, then the matting is swept clean and wiped off with a damp, not wet, cloth, the rugs replaced and the room is as fresh as possible.

To Freshen a Girl's Gown.

If a girl happens to have an evening frock which has served her well all summer, but is now in need of freshening up a bit, let her try trimming the gown with graduated roses. A white silk gauze gown, for example, which was originally trimmed with narrow rows of pink ribbon velvet, can have its effect transformed very quickly by ripping off the pink velvet bands and trimming the frock with pale yellow. An original way of using the roses on the skirt is to arrange the lower portion with the small roses at the top. To carry out the rose idea, a few of the flowers should adorn the corsage. If one does not care to use artificial flowers, hand-embroidered silk roses may be substituted. These can be bought by the yard or separately, and should be arranged in the same graduated style as the artificial flowers.

Clean the bath-tubs, stationary washstands and sinks with kerosene, as there is no better vanquisher of grease and dirt. Rub them well with oil, allow it to dry and let the hot water run until the oil has disappeared.

You will doubtless find a great many ribbons that are faded in spots or streaks, so that no amount of cleaning will make them look well, and the best way to dispose of them is to save them until you have a pound or more, then dye them with black diamond dye for silk. It makes no difference what colors they are, they will be a beautiful jet black when done. The best way to dry a ribbon that has been washed or dyed is to take it from the rinse water without wringing, and press it smoothly upon a clean marble slab. A very smooth, clean board will do if the marble is not at hand. Let it stay until dry. It will not need iron-

ing, and will have a lustre like new ribbon. Another way is to roll it tightly around a large rolling pin and leave it until dry. Ironing silk is apt to make it too stiff, which destroys its beauty, causing it to wrinkle easily.

COOKING RECIPES.

Celery, onions and lettuce are very good foods for those who are nervous. They are said to promote sleep, as they quiet and soothe the nerves.

The market contains a variety of dried and fresh fruits the year around which can be utilized either in their fresh state, or added to other ingredients to form a boiled or baked tid-bit.

One of the little-known fruits which a housewife would do well to become acquainted with is the "pulled" or "bag" fig. This fruit, instead of being pressed and packed in layers is dried just as it is pulled from the tree. It can be found in all cities and nearly all of the larger towns, and is more reasonable in price than the pressed fig.

Dutch Apple Cake.—Two cupfuls of flour, one egg, one scant cupful of sweet milk, one-half teaspoonful of salt, three teaspoonfuls of baking powder, one-fourth of a cupful of butter, two tablespoonfuls of sugar, one-fourth of a teaspoonful of cinnamon, and four sour apples. Mix and sift the dry ingredients, put in the butter, add milk and well-beaten egg. Have the dough soft enough to spread easily on a shallow baking pan, making it one-half an inch thick. Cut some apples into eighths, removing skins and cores, and press the sections into the dough in parallel rows. Mix spices with sugar and sprinkle over the rows of apples. Bake in a moderately hot oven for about thirty minutes.

Commencement Pudding — Soak one-half package of gelatine in a gill of water for three hours, then pour over it one-half pint of boiling water. Add one and one-half cupfuls of sugar and allow both sugar and gelatine to become thoroughly dissolved by placing the bowl in a dish of boiling water and stirring the mixture. Add next one cupful of orange juice, strain and set away to cool. When it begins to thicken add the unbeaten whites of eight eggs, place the bowl in ice water and beat until thick. Pour into moulds to harden and serve with a custard made as follows: Two-thirds of a cupful of sugar in one-half cupful of milk in the double boiler, add the grated rind of one orange and one-half teaspoonful of salt. Beat up the yolks of the eggs used in the pudding, add to them one-third of a cupful of milk. Pour this into the hot milk, beat and boil five minutes in the double boiler.

Tomato Catsup.

Peel one peck of ripe tomatoes, and cut in pieces. Put them in a preserving kettle, bring to the-boiling point, and let simmer until soft; then force through a sieve. Add three cupfuls of sugar, one fourth of a cupful of salt, one tablespoonful of black pepper, one teaspoonful of ginger, one teaspoonful of cloves, one eighth of a teaspoonful of cayenne, and one quart of vinegar. Bring to the boiling point and let simmer until of the right consistency, the time required being about two and one half to three hours. Turn into bottles, filling the bottles to overflowing, cork and seal. It must always be remembered in filling glass jars or bottles with a hot mixture to place them on a cloth wrung out of hot water.

Bo

SPECKLE'S

A warm egg lies in Spec
"O cut-cut-cut-cur-dar
Deep down into the swee
"O cut-cut-cut-cur-dar

Never an egg like this v
"O cut-cut-cut-cur-dar
Let meager pullets spli
"O cut-cut-cut-cur-dar

The red cock blows an e
"O cut-cut-cut-cur-dar
But Speckle can cackle to
As he, "O cut-cut-cur-dar

Come Muffie, and Creepe
Crown,

"O cut-cut-cut-cur-dar
And on this wonderful e
"O cut-cut-cut-cur-dar

Poor silly Speckle; the h
Her "Cut-cut-cur-dar
And into a pudding the e
"O cut-cut-cut-cur-dar

—A

EXPERIMENTS FOR

Anything that has to
suited to the Easter time
ing experiments may be
boys and girls.

Take two eggs of the
raw, the other boiled har
each of them, lengthwis
ber band so that it fir
egg. Fasten a piece of
egg by means of the ru
suspend both eggs from
by the strings.

Twist both strings to
and then let them go.
spin around as the strin
suddenly one of the e
turning, while the oth
twirls, still untwining t
uncooked egg stops be
tents are liquid, and a
to the shell, and it is o
that egg that is set in
untwining string. The
moving mass inside soon

In the next experimen
eggs are to be used.
before you, and on each
spinning on its side.
egg will spin easily and
the raw egg will be har
when it has been set in
not so readily stop. Eve
for a moment, by placin
your hand on it, it will
again when you remov

The reason of this is
of the conditions in the f
for the liquid part of th
spinning, and when you
it is only the shell tha
contents continuing to m
you let the egg go, the
inside starts the shell go
even if stopped for sever

If you will make a
salt and water you will
egg will float in it. Now
water, and the egg will
egg at the bottom of
taining the pure water
funnel that will reach t
tom. Pour the brine th
nel and the pure water
will rise together, floati
When the vessel is ful
the egg suspended in t
in brine, half in the up
water.

The next trick is wit
egg. Shell the egg and
wide-mouthed water b
neck a little smaller th
the bottle throw a pi
paper, and after a mo
egg end down, in the
bottle. The air in the b
rarified that the pressu
side air on the egg fo
bottle.

And now we offer a p
that needs some "luck"
cessful. Take two egg
used to put an egg in
from the shell. Place
table directly in front
the egg in it. The oth
just beyond the first.

Now, if you will blo
sharply on the egg, ju
the cup directly in fro
luck, as we have said,
the air under the egg,
lift it over into the oth

Now for a wonder
trick that has puzzled
generations. You have
lumbus puzzled his men
he could make an egg s
then did it by gently c