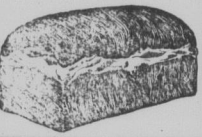


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Mrs. Leeman says.  
"Carnol saved my life—  
many thanks to Carnol!"

But read her letter. It tells her story better than we can. "I feel it my duty to write you about your wonderful medicine Carnol. In January I had an operation for appendicitis. The pain I suffered before the operation and the loss of blood afterwards left me so weakened and run down that I wasn't able to go about on my feet. I just had to be around all the time. I had said I was to take iron for my blood for it was so thin. I had anemia and folks said I had only a short time to live. Carnol saved my life—many thanks to Carnol. I have gained about ten pounds in three months. After every meal I used to have indigestion and heartburn so bad that the pain was intense. A dose of Carnol would give me immediate relief. Now I am absolutely cured of both. I had severe headaches and pains across my back and they have also disappeared. This is how I started using Carnol. I asked a friend about Carnol. He said it was awfully good. Her doctor had recommended it to her to take after she had been in bed for months and he was completely cured. I called on our druggist and asked him about Carnol. He recommended it but said he was just out of it and wanted me to take a bottle of beef, iron and wine, but I said, 'No, I want Carnol.' So he said he would send me some and get me some just as soon as it came I commenced to take it and it has renewed my blood and given me a wonderful appetite. I never have to take a laxative with this medicine. I cannot recommend your medicine highly enough. It is just exactly what the system needs."—Mrs. Wilson, 11 Leeman, Ipswich, Ont.

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## Of Interest to Women

Five Favorite  
And Economical  
Italian Dishes

It is nice to vary the home menu occasionally, not only excellent, but economical as other nations, for many of them are well. While the Italians are famous for the cookery of all macaroni pastes, they make many other dishes that are too good to miss, and unless one has toured in the country these are strange to American palates. The recipes given are generally calculated to serve four people, the average family.

**Minecone Soup.**  
Chop together a cupful of cabbage and the same of the lettuce, six slices of ham and a small slice of onion, a cupful of chopped soup greens, a tablespoonful of vermacelli and a small can of broth or stock and boil gently for two hours. Season and serve with grated Parmesan cheese and Italian bread toasted in squares. Before putting in the ingredients rub the soup pot with a cut bud of garlic.

**Lombard Soup.**  
Select a good-sized boiling chicken, and after cleaning joint it and put it into a pot with two quarts of water, a halved onion, some celery tops, the chicken feet trimmed and scalded, and cook gently until the meat is very tender. Lift the chicken and take the meat from the bones and throw the bones back into the soup. Cook a little longer, then strain and cool the soup and remove the greens. Meantime take the chicken liver and mash it to paste with one ounce of suet that has been chopped fine, two lamb's sweetbreads that have been parboiled, six chopped mushrooms, two tablespoonfuls of asparagus tips, a tablespoonful of sugar and a beaten egg. Mash all to a paste, dust with a little flour, shape into little cakes, and when the soup is reheated and boiling poach the cakes on top. When firm lift with a skimmer and place in the bacon, then pour the soup over all.

**Poleats "Alla Bologna"**  
Stir one pound of light yellow cornmeal into a quart of boiling slightly salted water, when smooth, remove from the fire and cool it a little. But a hot butter dish and put in a layer of the meal, then cover it with sliced sausage that have been boiled ten minutes in water and then have their skin removed, next a layer of thick tomato sauce, seasoning, a sprinkling of grated cheese, then another layer of the meal, continue in this way until all is used. Sprinkle the top with fine crumbs dot with butter and bake about a half hour.

**Rice "Alla Tomato"**  
Wash eight ounces of rice, then put it into a large saucepan of boiling salted water, boil rapidly for eight minutes, then strain off and put it in to a saucepan containing a pint of boiling milk, add pepper, salt, a teaspoonful of sugar, and cook gently

until the milk is all absorbed by the rice, beat in one egg and a large tablespoonful of butter, then pile on a hot dish to a hot bed, spooning it with a knife dipped in hot water. Meantime have ready a chopped onion that has been cooked in a tablespoonful of butter. When soft, add two tablespoonfuls of crumbs, then a small egg and a point of tomato puree stir and cook together, then turn into the rice border and serve.

**Italian Eggs.**  
Heat two tablespoonfuls of olive oil in a frying pan and fry in it a thin piece of garlic, a thinly sliced onion, a chopped pepper. Add four cut up tomatoes and cook all gently for half an hour. Season well with salt and a half teaspoonful of sugar, stir in six beaten eggs and scramble all together with a silver fork. Add a teaspoonful of grated cheese and when sea-bird but not too dry, serve on bread toasted delicately and cut in triangles. Garnish with sprays of fresh herbs.

## DISAPPEARING DINING ROOM

The dining-room has disappeared from many of the modern small houses and apartments. In its place the living room is used for special meals, and the breakfast alcove everyday. So much entertaining is done at restaurants and hotels that the housekeepers of today in cities. The rate leg table looks small but it can be made to assume sizeable proportions, if need be. Then the wooden table tops made by local carpenters may be placed on small tables for extra occasions and afterwards easily removed. But-in closets and drawers hold all the needed accessories that a simple table requires.

The breakfast alcove accommodates four to six people and if the woman does her own work the other meals are quite likely to be taken there, for convenience and labor saving reasons. The dining table in the kitchen drops against the wall when not in use, the ironing board and so on close into a wall closet, a good sized screen conceals the stove, the ice box is in an entry made by the building of the alcove in most instances, the sink is frequently a cabinet affair. There is absolutely nothing objectionable to be seen in the kitchen and if it is tastefully painted, has pretty curtains, and rugs on the linoleum or polished floor from the fire and the alcove can only be a pleasant one. With the steam ventilators on the gas stove, little odor or if any can be noticed from the cooking.

Old-fashioned housewives who adopt themselves to the new order of things find they have much more time than when they were doing housework. Still they live about as well, in a food way, as before.

**DRUDGERY IS LIFTED**  
As to the modern housekeeper with electric utensils, modern work saving devices and prepared foods of various sorts, the drudgery has been lifted from her. That she will do as a part-time help is solving many situations.

The laundry problem is harder to solve than almost any other in the home, but it is being solved to a certain extent by manufacturers. The public laundry cares for the man's shirts, collars and cuffs and the heavy household linens. The disappearance of petticoats and other frilly things that must be ironed and the incoming silk undies has removed much of the anxiety in this direction. The table mats have supplanted the tablecloth, so that it is out of the way. Baby clothes are much simpler than in the older days, and short clothes are put on at very early stages. Most of the other clothing or extras can be done and dried in the house.

Part-time help in solving many situations for the woman who cannot afford a maid, or who does not require one constantly.

Then women dress so much more sensibly for work nowadays. They wear low heeled shoes, loose one piece dresses, made with short sleeves. There are the rubber gloves to save the hands.

Then there is the asbestos material that comes by the yard, which can be made into an apron to wear around the stove. There are rubber aprons when dish washing; in fact everything is made for labor saving and to help the woman who works.

## Doughlastown, Que.

Mr. William E. Gunter formerly of Fairville, N. B. manager of the Sheppard and Morse Lumber Co's mills at L'Anse aux Cousins passed through on Monday morning train on his way to Ottawa and other points on business.

Rev. Father G. E. Myles was the guest of the Rev. Paul Sevigny at Ste. Marjorie on Thursday.

Mr. John James Foley, son of Mr. John Foley of Doughlastown was married on Wednesday morning, February 11th, in St. Patrick's Church to Miss Mary Alice White youngest daughter of Mr. and Mrs. Michael White of Brilliant Cove. Rev. Fr. G. E. Myles being the officiating clergyman. They will reside in Brilliant Cove where they will have the best wishes of many friends.

Dr. Fred McCartney of Gaspe Basin came here on Sunday afternoon to attend Mrs. Theodore Brind who we regret to hear was quite ill at the time.

Mr. Audet, Post Office Official of Gaspe City was here on Monday on business.

Miss Violet Rooney teacher of Gaspe Harbor spent the week-end with her parents Mr. and Mrs. Michael Rooney.

Mr. and Mrs. Moses Manichington of Grand Greve were visitors in Doughlastown over the week-end.

Many citizens of this place were greatly relieved to learn of the death of Miss Martha Lemieux, daughter of

MANY CANADIANS  
RETURNED HOME

## Statement Issued by the Department of Immigration and Colonization

Ottawa, March 2.—Immigration to Canada, including Canadiana returning from the United States, has averaged a little over fourteen thousand a month for the ten months of the fiscal year, up to and including January, according to a statement just issued by the department of immigration, and colonization. The total is 141,609.

Regular immigration, not including returning Canadians, amounted to 102,577, of which 49,363 were British, 13,721 from United States and 39,493 from other countries. Canadians who in January returned to Canada, after a residence of six months or longer in the United States, and declared their intention to remain permanently in the Dominion totaled 1,715. The number of such returning Canadians since the beginning of the fiscal year, is 39,032.

The Honorable Rodolph Lemieux, member for Gaspe County and speaker of the House of Commons, Ottawa. This is the second time within eight years that death has visited the family as it will be remembered that Lieut. Roddy Lemieux only son of Sir Rodolph was killed in the Great War. Although the deceased young lady was not personally known in Doughlastown, still her death at an early age cannot fail to awaken sympathy.

Mrs. J. McDonald was a visitor to Gaspe Basin last week when she was the guest of her daughter Mrs. Lucien Boulier.

Mr. and Mrs. William Leggo from Brilliant Cove were the guests of Mr. and Mrs. Robert Baird on Sunday. It is reported that the new Uraline convent which is nearing completion at Gaspe Basin will be solemnly dedicated at the end of June.

Miss Eva Durant of St. Patrick's Rectory left on Monday morning for Mont Joli, P. Q. where she will meet her sister.

Rev. Sydney Walters, Rector of Point St. Peters occupied the pulpit and conducted the devotion services in the new Anglican Church at Brilliant Cove on Sunday afternoon Feb. 15th.

Messrs. Robert and Allan Baird of this place attended the services. Rev. Mr. Walters will in future have charge of that parish.

Miss Elizabeth Foley left on Monday morning for Campbellton, N. B. where at the Hotel Dieu Hospital of that town she will undergo an operation. Her nephew Mr. John Foley accompanied her.

**MORE GRIST TO AUTHOR'S MILL**

Canadian authors in general, and Quebec authors in particular will welcome the proposal of the provincial legislature in making provision that out of the appropriation made annually for prize books a considerable proportion of it must be spent upon books written by Canadian writers. The proposal is not a new one, but due to certain exigencies that arise occasionally in parliamentary life it has not been operative. In the Legislative Council, this week the matter was reintroduced by Senator Choquette, and the hearty accord with which it was greeted by the members of the Upper House may be taken as a guarantee that it will be put into effect without further delay. It is both a wise and a patriotic step. Canadian authors enjoy all too few advantages at the present time in comparison with foreign writers, and this decision on the part of the Province of Quebec is a narrow the right direction that might well be followed by other provincial legislatures.

**Hard Boiled**

The waitress was very much out of sorts. She sailed naughtily up to the table at which sat the grouchy customer. She slammed down the cutlery, snatched a napkin from a pile and tossed it in front of him. Then, striking a furious pose, she glared at him.

"What do you want?" she snapped.

"Couple of eggs, growled the diner.

"How ya want 'em?"

"Just like you."

FOR JOY OF  
GOOD HEALTH

Manitoba Woman Thanks Lydia E. Pinkham's Vegetable Compound

Crandall, Manitoba.—"When I was a young girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable always and life just seemed as if it wasn't worth living. I saw so much in the papers about Lydia E. Pinkham's Vegetable Compound, and then I had a friend who had taken it and told me about it, so I got some. Every month after taking it I felt better and I soon did not suffer every month. It stopped my pains and helped me every way. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work, and it helped me through confinement. You see I am a farmer's wife with a big house to look after, and three babies now. I have told over so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born fifteen days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. You can use my letter and I hope some one will be helped by it."—Mrs. Joe H. Kidd, Box 56, Crandall, Manitoba. C

## Keep the cookie box full

Children, yes, everybody likes cookies! They're lightest and most delicious when made with Quaker Flour. Keep the cookie box full and let all the family enjoy them.

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"Baby's Welfare"—containing answers to dozens of questions every mother asks about the care of her baby, particularly in regard to feeding. Address: The Borden Company Limited, Montreal.

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Baby is too precious for food experiments. Nurse him if at all possible but if you cannot, put him on Eagle Brand at once and BE SURE his food is right. Highest medical authorities have endorsed Eagle Brand as the SAFE infant food when Nature's supply is not available. Hundreds of thousands of mothers have successfully reared their babies on it since 1857.

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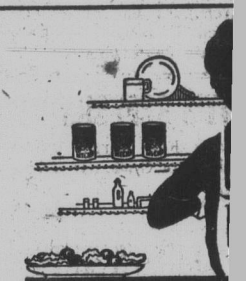
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