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## AVOID COUGFIS 

##       | sumpation |
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| of glory.". |




## MADWI5 DFDOTS

TORONTO MARKEY'S

| Dairy Produce-- Butter, cholce dair Do., creamery <br> Margarine, Ib. <br> Eggs, Hew Cneese, 1 b . <br> Dressed <br> Turkeys, <br> Fowl, 1b. <br> Chickens, roasting Geese, 1b. .. <br> Fruits <br> Apples, basket <br> Vo, botables <br> Beets, peck <br> Carrots, peck <br> Do., bag <br> Cabbage, each <br> Celery, head <br> Do., head <br> Onions, $75-\mathrm{lb}$, sack <br> Do., basket .. ... Do., plekling. bask Do., <br> Leeks, bunch <br> Parsley, bunc Parsnips, bag <br> Do., Deck Potatoes <br> Rhubarb, 2 bunches <br> Spinach, peck <br> Savory, bunch Turnips, bag <br> Turnips, bag |
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Wood's Phosghodine
Toun Mhosphodino.
amat notitis hemed

 Beot, forequarters
Do., hon cautrers
Carcasees.
and


| Worth Remembering. <br> The, standlard meazuring cup holds one-balt pint. <br> Nut bread is very good for the chil dren's lunch basket, and grown-ups |
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Gale Matation
canadian ref ns to the re
oftne hug
as follows
 It is sald that yeast cakes will
rats or mice, if left where they can
eat them. Substitute flours, such as rice, Lar.
ley. potato elce. reaure longer bak kiug
ard twice as m m ch baking powd.
 When lising a food chopper, 2 adn
cracker the last thing.
every wit of win save

## ca

AN ARMY OF SPIES.
Holland Was Infested by Thousands of Them.

rat untll you have set it on a warm
range to mett all fas that ollngs to the
ides.







point and let simmer until translucent
nd very tender. Drain and spread
Three oranges, juice and pulp, 1-4
cup white sugar. lemon, julce and
pulp, 21, pints of cold water.
starch in a ant et boll ten or 15 mmn .
the hanid and let bet set aside to
utes sponge witt a anover whip into th
it ts ready to serve.
LIGHT SPONGE PCDDING.
Mitile a teasponfe woter of flour with a
quite smoth.
 paper, and steam genty for
bour, Tura out and serve with sauc
or truit juce or some jam or jelly. It
important that he pudding be
is
teamed genty to prevent it trom
ate trom steamed geatly to prevent

 to do wi
happy,
succese.
One way for moman to get
putfed up is with a powder puift.

N THE SPRING
When Energy and Vitality are
Lowest, then-Influenza!
(By s. . . Bower, M. D.) At this time of the year poople feel weak: lived indoors and perhape expended all
heir mental and bodily energy and they want to krow how to renew their eneray
nd etamin, overcome headaches and backaches, have cleare yees, as anoth,
ruddy kkin and feel the exhileration of real good healh tingling thru their bodies. Good, pure, rieh, red blod is the best
insurance againat ills of all kinde. You insurance against illss of all kinds. You
are apt to tuifer from an antack of Inflaenza if your health is run down. Purify the blood and yon can doty.
influenzs. Thie ti the time to cleas bouse and freshen up a bit.
Drink hot mater a hall hour before
 nothing Diverovery, the old.f(whioioed
Merbol remedy, which has had such a fine

 Piereco' Invalide
for trial packege. Tor trial packecke.

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\begin{aligned}
& \text { The Candid Friend. } \\
& \text { leged Composer (at pland }
\end{aligned}
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N THE SPR
 wint Evive me more air. (He opens
window. Cleveland Plain Dealer.

vinno

