ASTHMA

TEMPLETON'S RAZ-MAH CAPSULES

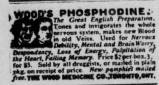
Drinks For Hot Weather

Fruit juces, when free from adulteration, are not only agreeable to most people but are healthful as well, and can be used as freely as pure water itself. A home preparation of fruit juices, in variety, may be had by every family willing to prepare them, at a slight cost. They should be securely sealed in glass fars, wrapped in brown paper to exclude the light and labelled.

The recipes given here are simple and anyone may make refreshing drinks for the hots days coming.

RASPBERRY VINEGAR.

RASPBERRY VINEGAR. Pour two quarts or vinegar over tour quarts of raspberries. Cover it, put in a cool place for two days. Strain



the juice through cloth and pour it over four quarts of fresh berries. Set the mixture aside again for two days, strain again and add three quarts of sugar. Heat it slowly and skim the liquid until it is clear, then boil 20 minutes. Seal it in sterilized bottles. When you save, use two tablespoonfuls of the syrup to a glass of ice water. 11 . 14 --

GINGER ALE. Put one quart of chopped ice into a gallon jug, add one pound of sugar and one tablespoonful of strong ginger and shake the mixture well to gether. Add one pint of good eider vinegar and fill the jug with water. Keep it on ice qualit it is very cold.

CURRANT SHRUB.

Heat two quarts of ripe currants and strain the juice through a cheesecloth. To every quart of juice add threquarters of a pound of sugar and stir

the eyrup until the sugar dissolves.
Add the jutes of one temon and enough
cold water to dilute the syrup. When
it is cold pour it over the cracked ice
and ornament each glass with a siles
of lemon or a bunch of ripe currants.
LEMON MINT.

Wash the mint well and pick off a large cupitud of leaves. Put them su'o a stone jar with one quart of chopped ice. Stir the mixture sail the leaves are thoroughly bruised and the flavor extracted. Strain off the water and add the juice of two oranges and six lemons and one pint of sugar. Put it on ice, and when it is thoroughly cold serve it in tall, thin glasses, with a sprig of fresh mint and a very thin silice of lemon in each cup.

LEMONADE FOR A WEEK.
Boil together two quarts of water

LEMONADE FOR A WEEK.

Boil together two quarts of water
and four cupfuls of, sugar for 10 minutes. Remove the syrup from the fire
and add four and one-half cupfuls of
lemon fuice. Let the mixture cool,
then seal in glass jars and put it in a
cool place. When you want to make
lemonade dilute a little of the syrup
with ice water.

with ice water.
LIME PUNCH.

Put eight cubes of sugar in a bowl and pour over them the juice of two limes and two oranges. Add one and one-haif cupfuls of cold water, and when the sugar is melted, chill the syrup with cracked ice. Just before serving it add a slice of pinear ple and a few crystallized cherries. The recipe makes only a small amount of punch. For a large company it should be trebled.

AN EGG DRINK.

Beat three eggs thoroughly, and six tablespoonfuls of sugar and one and one-half cupfuls of ice water. Whip into the mixture juice of one orange. Serve it in glasses topped with whipped cream.

A Ready Questation.

A Ready Quetation.

A Ready Quotation.

The following story is told of Admiral Sir Montague E. Browning when he was commanding one of our battleships, says the London Chronicle. A "hard bargain" was brought before Capt. Browning, charged with having broken his leave for more than 100 hours. The evidence being heard, the aptain asked the defaulter: "Have you anything to say in your defence?" "Nothing, sir," came the reply, "except that to err is huyour defence?" "Nothing, sir," came the reply, "except that to err is human, to forgive divine—Shakespeare." "Ninety days" celention without the option of a fine—Browning." was the ready if unpleasant rejoinder.



PAINPUL MEETING.
(Cornell Widow.)

Bill-Just happened to run into an old frient downtown.
Phil-Was he glad to see you?
Bill-Just how to be a see you?
Fill-Just to the see you when the see you will be a see you will be you will be a see you will be a see you will be a see you will b

Minard's Liniment Relieves Diphtheria

WOMEN OF MIDDLE AGE

May Pass the Critical Period Safety and Comfortably by Taking Lydia E. Pinkham's Vegetable

Regins, Sask.—"I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also find it a very helpful Spring tonic anduseful for constipation of the trial full for constipation of the trial full for constipation of the trial full for constipation of the same willing you should publish this."—Mrs. MARTHA W. LIND-SAY, 810 Robinson St., Regins, Sask.

If you have warning symptoms such as a sense of suffocation, bot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs.

Those Early Garden Peas

Properly prepared there is nothing quite so delectable as early garden peas. But even these, fresh as they may be, can be utterly spoiled by immay be can be utterly spoiled by improper cooking. The French have a way of cooking peas, which is supposed to bring out their full flavor. A few lettuce leaves are laid on the bottom of the saucepan, and a pint of shelled peas over them. Very little water is required, as the water on the lettuce and that drawn from it by the heat will be sufficient to cook the peas.

peas.

Peas are always n'eer if the pods are put in cold water an hour or so before shelling them. This crisps them, and cleang them, too, which means that the shelled peas will not have to be washed, for washing robe them of their flavor. It is a mistake to shell old peas with fresher ones. Sort out your pode, and shell only yellow and cracked ones for soup or

Cook's Cotton Root Compound.



some other dish where the freeh flavor is not so important.

Always pour bolling water on your peas to cook them, and never let them cook mushy. Salt should not be added in the took and the salt should not be added in the salt should not salt should not

BACON AND PEAS.

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Cut haif a pouni of trimmed bacon in diree and slightly brown in a saucepan. Sprinkle over the bacon haif a tablespoonful of flour. Add one-haif a tablespoonful of flour. Add one-haif sof parsley ited in a bunch. Cook all until the pease are tender. Season with pepper and salt, Take out the onion and parsley when ready to serve.

PEA CROQUETTES.

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Press two cupfule of left-over peas
through a sieve. Flavor with a little
onion a little chopped parsley and
season. Add two well-beaten eggs.
If the mixture is too dry moisten with
stock, or too thin thickeg with flour.
Moid the puree into croquettes, roll
in egg and cracker dust and dry in
deep fat.

Minard's Liniment Relieves Garget in Cows.

STRAWBERRIES.



Fish That Cannot Swim.

sounds strange to say that there fish which cannot swim- Yet it

House

are fish which cannot swim- Yet it is a fact.

A Brazillan fish called the maltha is one of these species of fish. It can only crawl or walk or hop. It has a long, uprurned shout, and resembles, to an extent, a toad. The anterior fins of the maitha are quite small, and are not able to act on the water. They only move backward and forward, and are, in reality, thin paws, which are of no service for swimming, as are the fins of other fishes.

185UB NO. 27, 1920

Some Ways to Make Most of One Box.

Nearly everyone agrees that the luctous ripe red strawberry, dipped in powdered sugar and eaten from the stems cannot be improved upon an adessert, but wit: berries so very costly, and with sugar so scarce and high one cannot serve them this way often. It is the time when housewives are searching through cook books to find recipes that will make one box of berries go a long way. Following crossome of the precipes:

Soak 34 c. n. cup of taploca in cold water for two hours and t. en cook in the double boiler with 2 1-2 cups of boiling wate until transparent. Cool and pour over a box of strawberries that have been hulled into a glass bowl and sprinkled with sugar. Serve with sugar and cream. Do not cook the berries with the taploca or the real berry i site will be lost.

The most plebelan of bread juddings becomes a desser de luxe with a strawberry sauce. Crush the berries and sprinkled with sugar. Let stand a while and serve a spoonful with each portion of the pudding. Whipped cream can be served also.

For the popular strawberry whip sook a tablespo full-of perfect with a shoot of berries and idd the jude and two tablespoonfuls of lemon jude to the gelatine. Pet in a cool place till it commences to harden. Then whip with a dover beater until light and frothy. Ser in tall glasses garnished with a spoonful of whipped cream and a whole berry.

You an emergency dessert split one of the popular sponge cakes that are sold in most cribe such control of the public sponge cakes that are sold in most cribe such control of the public sponge cakes that are sold in most cribe such control of whipped cream or meringue.

The popular sponge cakes that are sold in most cribe such control of the public sponge cakes that are sold in most cribe such cribes and raspheries; a delightful situation of the public sponge cakes that are sold in most cribe such cribes and raspheries; a delightful situation of the public cribes and capaberies; a delightful situation of the public cribes and capaberies; a Ply J. C. Buil, Weston, Ont.

PRUIT FARM-20 ACRES OF THE choicest peach soil, planted and bearing in peaches, sweet as acceptance of the peaches and respective such as a second control of the peaches and respect to station and market. Buildings valued at 80,00, Orchard trimmed, aprayed and cultivated in readiness for this season's crop. This respective indicating a rood crop. The season september of the peach of the p

\$4,000 -NEAR BEAMSVILLE. 36 acres bush end pasturam. including a cares bush end pasturam to combrick house, stone foundation of the combridation o

MISCELLANEOUS

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44

Men, Are You in Doubt

As to your trouble? Have you some skin As to your trouble? Have you some skir eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite et rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debill tated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; extable and irritable; lack of energy and confidence? Is shore failing power, a drain on the system? Consult the old reliable specialists.

Weak and relaxed time of the bosy, servousness, despondency, poor memory, lock of will power, timed, irritable disposition, diminished power of application, energy and concentration, fear of impending deager time, drowsliness and tendency. Dr. Ward gives you the benefit of B years' and the practice in the 'restiment of all phronic, nervous blood and elements. sys. less of weight, insomins. Dr. ward kirchen, nervous, blood and rkin continuous practice in the treatment of all chronic, nervous, blood and rkin ciscases. The above symptome, and many others not mentioned, show plainly that so-rething is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me reatore your physical condition to full manhood. Don't be a weaking any lenger. Make up your min! to come to me and I will give the best treatment known to science—the one successful treatment based on the cayerience of 7 years in treating mes and their alim-nits.

Dr. Ward's Methods Unrivailed, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his rays.

healthy life. Project of these things for many years but still there are a reasons of victims who, for various reasons, have not had the good nee to come and get well and the good nee to come and get well and the good nee to come and get well and the results of nervous conditions, nervous exhaustion. Specials in the treatment of nervous conditions, nervous exhaustion, cleache. lumbaco. Theumatiem, atomach and liver trouble, acre, skin cleache. lumbaco. Theumatiem, atomach and liver trouble, acre, skin cleache.

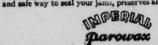
ditionas, catarrh, esthma, restal ditionas, catarrh, esthma, restal ditionary of the constant Refore beginning treatment you must make one visit to my office for personal physical examination. Halfrood fare will be cranidered as part ayment of fee. Canadian money accepted at full value.

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