

Five out of Seven American Housewives

now use what are known as combination or double-acting baking powders. This style of baking powder has two actions. It acts first when cold water or milk is added in the mixing bowl. Its second action requires the heat of the oven. This strong, double leavening power is what is needed for the heavy Government Standard flour in use today.

EGG-O Baking Powder

is a pure, strong, double-acting baking powder that Canadian housewives are finding just right for their baking. It bakes light, easily-digested, deliciously flavored bread, cakes and tea biscuits.

If you are having trouble with your baking, try Egg-O instead of the ordinary baking powder. You'll be delighted with the results.

Egg-O Baking Powder Co.
Limited
Hamilton, Canada



RENNIE'S SEEDS

Make your garden a source of pride and profit this year by sowing seeds of tested quality. Healthy, productive plants will not grow from poor, underseeded seeds. Rennie's are selected seeds, which have been tested for germination before being offered for sale.

For Planting up to April 15th

VEGETABLES
Brussels Sprouts—Amager Market
Cabbage—Rennie's First Crop
Rennet's XXX Autumn-Winter Drumhead
Onion—Rennie's Selected Yellow Globe Danvers (Private Stock)
Cauliflower—Rennie's Danish Drouth-Resisting
Extra Select
Celery—Paris Golden Yellow
Tomato—Bonny Best (Original), Rennie's Improved Beestack

FLOWER SEEDS
New Giant Asterum—Mixed Colors
Rennie's XXX Giant Comet
Asters—Mixed
Early Blooming Cosmos—Mixed
Rennie's XXX Exhibition Mixture Pansy
Rennie's XXX Prize Ruffled Giant Single Petunia—Mixture
Rennie's XXX Large Flowering Globe Stocks—Mixture
Rennie's XXX Mammoth Verbena—Mixture
Giant Zinnia—Mixed

The Rennie Catalogue contains an extensive variety of vegetable and flower seeds, together with many helpful hints on gardening. If you have not already received a copy send us your name at once.

Make your selections from the Rennie Catalogue and have your nearest dealer fill your needs. Should be unable to fill your order completely, write us direct.

THE RENNIE COMPANY LIMITED
KING AND MARKET STS. TORONTO
ALSO AT MONTREAL WINNIPEG VANCOUVER

Acid Stomach Causes Indigestion! Instant Relief—So Why Worry

Gas, souring food, dyspepsia.

When your meals lay like lumps of lead and you belch acid, gases and feel sick and upset.

Instant relief!

The moment Pape's Diapepsin reaches the stomach, distress goes.

No waiting! Misery ends!

Costs so little at drug stores.

Makes stomachs feel fine!

UPSET? Pape's Diapepsin WILL PUT YOU ON YOUR FEET

FARMERS

MAKE your banker your financial adviser. Let him help you to shape your affairs so that he will be warranted in giving you ample credit to operate your farm efficiently. Our aim is to assist you in every way possible.

THE CANADIAN BANK OF COMMERCE

KITCHENER BRANCH
BATHURST BRANCH
WATERLOO BRANCH

W. H. COLLINS, Manager
W. H. COLLINS, Manager
R. H. EDMONDS, Manager

MONTHLY BUDGET OF OLD NEWS FROM PETER SHUPE'S DIARY

February 1894.

25 years ago.

The mild weather which we lead during January ended with January. The weather during Feby was quite wintry, some heavy snow storms. Roads were very much drifted at times.

The Thermometer registered zero on the 4th. And on the 24th some reported 22 below zero.

Road skidding nearly all the month.

Rev. Hy. Goudie started special services in the New Mononite Church, he was assisted by the Rev. Noah Detweiler.

Mr. Daniel Groh of near Preston and I went to Wisconsin to buy a horse, called on a farmer who had 4 good 4 year olds in his stable. He said we could take our choice, anyone of them for \$65.00 which was supposed very cheap.

Birthdays:

A little boy arrived for the cradle at Albert L. Kuschel.

George Washington, the first President of the U.S. was born in Virginia, Feby. 22nd., 1732 and died on Dec. 14th. 1799, aged 67 years.

Abraham Lincoln, the sixteenth President of the U.S. was born in Kentucky, Feb. 12th. 1809. He was shot by John Wilkes Booth, while

he was in Ford's Theatre at Washington, on April 14th. 1865, died on the day after, aged 56 years.

Mr. Jared K. Mosier was born Feby. 19th. 1848.

Mr. George Diebel, Waterloo, was born Feby. 3rd. 1851.

The Altar—Miss Nancy Toman and Gideon Reist by Rev. J.B. Detweiler.

On Feby. 1st. 1919, Mr. and Mrs. Hy. Winterhalt had their family and a few others come in to celebrate their Golden Wedding. One very peculiar incident was that the bride and groom were also present.

Mr. Winterhalt proved himself a boon to the Waterloo County farmers when in 1887 he caught that notorious horse thief—Mr. Hy. Kreuger.

The following list of birthdays in January, to correct an error in the last budget as given in these columns is repeated.

Ben. C. Hallman on Jan. 1st. 1845.

Moses C. Bowman, on Jan. 1st. 1855.

Mrs. Peter Shupe, on Jan. 1st. 1857.

Peter Shupe, Jan. 12th 1852.

Mr. J. Addison Taylor, Jan. 25th. 1869.

An Outline of

(Continued from Page 3.)

and all do not allow yourselves to relax to too great an extent.

All of which I beg most respectfully to submit.

Graec E. Fennell, Retiring Secretary.

FINANCIAL STATEMENT For the year ending Feb. 28, 1919

RECEIPTS: Fees, \$55.50; voluntary donations, \$94.50; interest on victory bonds, \$16.50; Bank interest, \$22.71; tea room, \$323.32; hockey team (donation) \$200.00; cabaret, \$841.28; motor car, \$1050.10; collection on chat, \$238.75; surplus from Ss. Waterworks, \$163.85; entertainments and collections, \$349.20; sundry collections, \$20.93; donation from Green Ann Chapter, \$100.00. Total, \$4026.64.

EXPENDITURES: Wool for socks, \$715.98; tea room, \$124.83; cabaret, \$213.00; motor car, \$1100.00; overseas postage, \$209.69; hand knit socks, \$35.10; material for overseas parcels, \$646.71; returned men, \$612.74; advertising and printing, \$25.45; light, \$9.20; sanatorium waterworks, \$238.75; flag, \$12.00; rent (\$35 for last year), \$84.00; flowers, \$40.25; running expenses, \$175.29; \$4242.99.

RECAPITULATION: Balance on hand Feb. 28, 1918, \$655.91; Total receipts, \$4076.64; \$4732.55. Total disbursements, \$4242.99. Balance, \$489.56.

ASSETS: Cash, \$489.56; Victory Bonds, \$300.00; \$789.56.

Dorothy Dobbie, Treas.

E. W. Lampry, Auditor.

Collected for Water for Sanatorium, \$1563.00; Collected for Salvation Army, \$500.00; Receipts for year, \$4076.64. \$6139.64.

CONVENTION AT EASTER

Private Message to that Effect Received from Ottawa.

According to a private message from Ottawa to a local Liberal this afternoon the Liberal convention is to be called during the Easter holidays.

The decision to call the gathering at the early date instead of in September as was first mooted has been based on the representations of the western members.

HERBERT HOOVER'S OFFICE SHOWN IN NEW CLARK PICTURE.

"Little Miss Hoover," Title of Marguerite Clark's New Photoplay.

There are few men in public life who are better known than Herbert Hoover, Food Administrator, who is now in Europe in charge of the distribution of food to starving neutral and suffering belligerent nations. Mr. Hoover's office in Washington may be seen in Marguerite Clark's new photoplay, "Little Miss Hoover," which will be shown at the Allen Theatre next Mon. Tues.

The set used in "Little Miss Hoover" is a replica of Mr. Hoover's office where Miss Clark discussed the purposes of food conservation with the celebrated administrator.

On the walls are the national colors, a map of the United States and a picture of President Woodrow Wilson.

Miss Clark is finely supported by a picked cast of players. Her leading man is Eugene O'Brien, while others in the cast include Alfred Hickman, Forrest Baldwin, Hal Reid, Frances Kane, John Tansey, J.M. Mason and J.J. Williams.

EXTENSION TO WOMEN OF RIGHT TO HOLD SEATS IN THE HOUSE ALSO DISCUSSED

Toronto Feb. 27.—The Government members of the Legislature went into caucus to-day for the first time this session and put in two hours in that sort of heart-to-heart talk that is only possible when the members get behind closed doors.

Though the temperance question occupied a large share of the time of the caucus other questions were discussed for instance the extension to women of the right to hold seats in the Legislature. A year ago the members were on the whole, against the change but the march of the events outside the province has changed the situation materially and the Government's announcement was general endorsed, one or two members only complaining that they should have been consulted.

A Child Doesn't Laugh and Play If Constipated

LOOK, MOTHER! IS TONGUE COATED BREATH FEVERISH AND STOMACH SOUR?

California Syrup of Figs' can't harm, tender stomach, liver, bowels

A laxative to-day, saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour, and the mother's nerves suffer. If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, waste, acid, and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is of times needed, it is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air you breathe will be clear and you can breathe freely. No more dullness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream to your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly. It is just what every cold and catarrh sufferer needs. Don't stay stuffed up and miserable.

No Decision.

No decision was reached on the temperance question which does not mean that there is any decision to be reached regarding modifications to the law of a "loosening up" character. Even those Conservative members who from the outset have not been warm supporters of prohibition as it exists in Ontario are emphatic in support of the prime minister in his determination to stand by the law until the matter is finally decided. Consideration was given however to the form in which the referendum will be submitted to the people at the end of it the question was still an open one to be decided at a later caucus.

It seemed fairly assured however that the referendum will not be submitted in the form in which it appears in the Ontario Temperance Act.

"Are you in favor of the repeal of the Ontario Temperance Act?" there will be in all probability an alternative covering beer and light wines.

Many Favor Alternative.

There is a strong section of the Conservative membership that believes that if the matter is to be left to the people it should be placed before them in such a manner as will permit them to say what they want instead of compelling them to choose between two extremes.

There was also some frank discussion of the recent by-election. It was as cautious as a fairly peaceful affair, chiefly marked by evidences of a desire on the part of the members for closer co-operation between the members of the Government and the rank and file.

NEW GLASGOW N.S. PAPER SPEAKS OF INVESTIGATION OF MINING TRAGEDY THERE.

New Glasgow N.S., Feb. 27.—The Evening News says important sensational developments are expected in the report now in the hands of Dominion officials at Ottawa of the investigation by local police into the

explosion last year in the Allan shaft near here, in which 88 lives were lost. The report is said to strengthen the belief that the explosion was deliberately planned.

BRIDGEPORT.

A very pretty wedding took place at the home of Mrs. Joseph Wendling when her youngest son Andrew was united in the Holy Bonds of Matrimony by the Rev. Wm. Klopfer to Miss Rose Corby of Belleville.

Miss Jean Corby of Toronto acted as bridesmaid while Mr. Norman Keller of Kitchener was groomsmen. About fifty guests were present, many costly gifts and handsome cheques were presented showing the high esteem of their many friends.

Mr. and Mrs. Wendling will make their future home in Benton Alta, where Mr. Wendling is engaged in farming. The best wishes accompany Mr. and Mrs. Wendling.

Mr. Reuben Hoffman of Tavistock and Mr. Andrew and Gordon Daub of Stratford spent a few days at the home of Mr. Henry Wettlaufer.

Mr. Eddie Schofer was a visitor in St. Clements.

We are sorry to learn that Mr. Moses Hallman is confined to his house, trusting he may soon be around again.

Several Real Estate deals have been transacted in the village treating it may continue.

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Hot Water for Sick Headaches

Tells why everyone should drink hot water with phosphate in it before breakfast.

Headache of any kind, is caused by auto-intoxication—which means self-poisoning. Liver and bowel poisons called toxins, sucked into the blood, through the lymph ducts, excite the heart which pumps the blood so fast that it congests in the smaller arteries and veins of the head producing violent, throbbing pain and distress, called headache. You become nervous, despondent, sick, feverish and miserable. Your meals sour and almost nauseate you. Then you resort to acetanilide, aspirin or the bromides which temporarily relieve but do not rid the blood of the irritating toxins.

A glass of hot water with a teaspoonful of limestone phosphate in it, drunk before breakfast for awhile, will not only wash these poisons from your system and cure you of headache but will cleanse, purify and freshen the entire alimentary canal.

Ask your pharmacist for a quarter pound of limestone phosphate. It is inexpensive, harmless as sugar, and almost tasteless, except for a soapy twinge which is not unpleasant.

If you aren't feeling your best, if tongue is coated or you wake up with bad taste, foul breath or have colds, indigestion, biliousness, constipation, or sour, acid stomach, begin the phosphate hot water cure to rid your system of toxins and poisons.

Results are quick and it is claimed that those who continue to flush out the stomach, liver and bowels every morning never have any headache or know a miserable moment.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready for use. It is called Wyeth's Sage and Sulphur Compound. This can be bought by mail or by express, or by cash or by check, or by money order. It is the only hair preparation that can be used by anyone, and it is the only hair preparation that can be used by anyone, and it is the only hair preparation that can be used by anyone.

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