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 Minards's Liniment Cures Diphtheria
HEART SURGERY.

Daring. Suceestful Operations Not

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modern surgery
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BABY'S GREAT DANGER DURING HOT WEATHER


SUNDAY BREAKFAST.
Here Are Some Good Ideas for
Sunday is a day of rest and men
tal and bodily recuperation. It is
an good stait for Sunday entoymen
 stites. First and foremost comes the
breestast.
better to better to begn the day with an ap.
petzing fish spread Here follow
some suggestive Yankee dishes well worth trying:
Coditsh Tonsues and Sounds.--These
small morsels, cooked in any number
 Scrape oft the skin, then boil and
serve with egz sauce on toast, or af-
ter heating slowiy in milk pour
ter heating slowily in milk pour a
tinn white sauce over them and serve
on toast with arnatish of silece
egss hard boiled, or fry in clarifted
ent butter, handiling delicately in th
pan, drain on sott paper and thive
with tomato sauce and parsley. Breakfast Dish of Bloatere, -Cut
the head and tail of ine fisn, , ,ute and finger and pull it oft. Splis the
flish with a sharp knife, reniov ihe
backbone and soak in cold water backo
ouvern
oor 20
forlling

NOW IS THE TIME To Prepare Your Stock for the TORONTO FAT STOCK SHOW

TO BE HELD AT UNION STOCK YARDS December 11th and 12th

Eariy preparation produces the prize winners, Premium list. which will be ready for distribution in three weeks, carries more classes than ever before.

## TO ALI WOMEN WHO ARE ILL

 This Woman Recommends Liydia E. Pinkham's Yegetabie Compound-rierPersonal Experience.
Nath
 Lydis E. Parous root and herb remedy, pound, has been restoring momen of
Amercas to health for moro than forty
years and it will well pas ny form
 who suffers from displacements, in-
ffammation, ulceration, irregularitios,
backache, headaches, nervounness or
behe bines to thive this sucosessulu
 For special suggestione Mit regard to
Your ailment writo Lydia E Prikham Your ailment write Lydia Thisham
Medicine Co, 1.yn, Mass. The reaut
of its long experience is at your serviea, a baking dish, cover with millk, dot
with bits of butter and bake in a hot
oven for 10 or 15 minutes. Garnikh oven for 10 or 15 minnutes. Garnish
oith a little finely chopodi pansly with a ittle finely-choppon parsiy
or sprigs of watercess and serve with
rried sweet potatoess or mealy baked
 Within the reach of the most morse.
cunlous. For a change the fivets
may alio be brolied over a kowing
mire, may be baked in buttered pariner fire, may be baked in buttered paster
cases or cooked on कratin.
Fish TMmbele. Flake as fine as
possible a cuptul and a half of any possible a cupful and a half of any
cold 1 fish. Add two well-beaten eggs.
a cupful of milk and salt and pepper
 hot water and bake about 20 minutes.
Turn out on a hot phatter and pour
over them a cuppu of ream or to
mato sauce to which a tiny bit of mato sacuce to which a tiny bit of
mustard has been added. Garnish
with With parsiey. If preterred, the mould
may be lined with freshly cooked
spaghett left ong enough to wid
sirall spirally around the mould, beginning
at the botom and going up until the
top is reached. Minard's iniment Cures Distemper. Oream of Almond Soup. Did you ever eat any cream of alm-
ond soup?
It ts easy to make and well worth trying for its goodness
Get enougn almonds to make a cup-
ful and put them in bolling water for
one minute. Then pour off the hot water and put
them in cold water unt11 the almonds
nave become thoroughly cold nave become thoroughly cold
Remove the almonds and blanch.
If the sking stich If the sking stitck put them back in
to hot awter again, and then into the
cold. Chop them while one quart of thin
cream heats in the doubie-boiler, and
then put them in with half a teaspoon then put them In with half a teaspoon-
tul of sati. Simmer ton mmutes and
then strain. If you want the soup especially good
add whippece cream before dishing.
serving it cn top.

Tidht Money Pinching Many Thousands more are being squeezed
by aching corns which can be cured quickiy with Putnam's Corn Extrac-
tor.
Reing tree trom cuastics, Put-


Worth Knowing.

## After peeling onions, rub your hands with celery or parsiey. it will coun-

 A large cork will be found very convenient for scouring pans, knives, sinks, ett.dip in some good cleaning powder, and
After prunes have been soaked over night, whey are baked in a slow oven
they whin nave a mer In making coffee, if you will add a
dried prune ft will improve the flavor dried prune it will improve the color
and give the cotfe a richer color.
some who cannot use coffee without,
Somer can use it with tha prunes added.
Life is a school and we should be nungry to keep on learning the good
lessons tit has for us. The educetlon
 of value.
After newly papering the walls in a
house where there are small children,
and fasten an extra plece of the new paper
behind the couch with thumb tacks, to
 Minardes. Liniment Cures Garget
Cowi.
 Islandery Are Great Seamen and
Navigators.





ISSUE NO. 32,1919

PARMS FOR GALE







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westward, that carried Cortes to toex.
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