

DRINKS FOR HOT WEATHER

In making cold beverages it should be remembered that they are always much better if put together with a sugar syrup instead of using plain sugar. This provides a rich, smooth sweetening, and as the syrup can be prepared in advance and "canned" ready for use, a jar or two should stand ready on the pantry shelf for the making of these delightful summer beverages.

PLAIN SUGAR SYRUP.

Boil together for five minutes two quarts of water and six pounds of granulated sugar; then can as for canned fruit in hot sterilized jars. Allow one tablespoonful of the SYRUP to a glassful in sweetening any fresh fruit beverage.

LOGANBERRYVADE.

Use one quart of loganberry juice and add the juice of two lemons, one sliced orange, sufficient of the syrup to sweeten and dilute to taste with chilled carbonated water, poured from a height. Pour into tall glasses, half filled with cracked ice.

TURKISH PUNCH.

Rub a quart can of apricots through a puree sieve, and add half a cupful of the sugar syrup, the juice drained from the apricots, the juice of one orange and one lemon, two cupfuls of canned apple juice or cider, one quart of chilled water and a pint of cracked ice. Serve with straws.

GRAPE CUP.

Place in a large bowl one cupful of strained tea, three-quarters of a cupful of two oranges and two lemons. Stand on the ice for three or four hours to ripen and when ready to serve add one

LET a woman ease your suffering. Please you to write, and let me tell you of my simple method of home treatment, and you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, dizziness, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 8, Windsor, Ont.

quart of unfermented grape juice, a bouquet of fresh mint and a pint of chilled vichy. Pour slowly over a small block of ice that has been placed in a punch bowl.

GINGER ALE FRAPPE.

This is delicious and well worthy to serve as a party beverage. Mix together a pint of large strawberries, cut in halves, add the juice of one orange, one lemon and a small cupful of the sugar syrup. Chill on the ice, turn into a punch bowl, place a quart over enough iced ginger ale to nearly cover the ice. Serve immediately in sherbet cups.

Minard's Liniment Lumberman's Friend.

"Man is made of dust," quoted the good Neaton. "But he ought to have some sand mixed with it," suggested the unregenerate backslider.



GRIT OF A SHARPSHOOTER.

Sergeant Halliwell's Feat at the Siege of Lucknow.

During the siege of Lucknow in the Indian mutiny there was afforded what was probably the most notable instance of the record in war of a crack shot.

The rebels were endeavoring to mount two eighteen-pounders, which they had hauled up to the flat roof of one of the palaces surrounding the residency, and it was necessary to prevent this being done, or they would have been able to pour down a heavy fire on the defenders. Sergeant Halliwell was chosen for this duty. He was a crack shot of the Thirty-second foot.

Being given the best rifle that could be found, his orders were to prevent the guns being mounted. He took up his position behind some battered down masonry where there was only cover for him to lie at full length. His only chance was to roll over from his back to his stomach. His eyes were ever kept on the dismantled guns, and whenever the Sepoys attempted to mount them his sniping rifle played havoc among them and prevented their object being accomplished. Food was brought to him at night by men who crawled to his position.

After some time a sortie was made, and the Sepoys were defeated. For this brave work Sergeant Halliwell received the Victoria Cross—Harpers Weekly.

Popular Names for Towns.

There are 31 Franklins given in the latest United States' postal guide. Chester and Clinton are close seconds, there being 20 towns and cities by each of these names in the United States, Washington and Newport come next in popularity, each having 28.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 2, 3. No. 2, 3, 25 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

CAREFUL. He: "If I should ask your father for your hand and heart, do you think he would kick me out of his house?" She (timidly): "I don't know, dear; perhaps you had better try telephoning first."

Great Britain's Recovery

In spite of the fact that Great Britain's imports during March totalled £177,000,000, which was an increase of £6,700,000 over the preceding month and included £58,000,000 worth of raw cotton, its excess of imports over exports for the month dropped sharply to a new low figure, amounting to only £28,000,000. In February the United Kingdom's unfavorable visible trade balance was more than double this, or nearly £62,000,000.

The exceptionally good showing made by the British foreign trade figures for March thus is seen not to be the result of decreased imports, but rather of the new high record of its exports, which totalled £149,000,000 in March, as against £109,000,000 during the month preceding. The March exports, moreover, included a high percentage—namely, £122,000,000 worth—of strictly British goods, indicating the extent of the revival in British industries. Re-exports for the month amounted to £27,000,000, which also is



a heavy increase over previous months and is equally significant of the progress being made by the United Kingdom in its efforts to recover its old-time supremacy as a market place for the world.

The fact that England is contriving, and thus far with quite conspicuous success, to correct its heavy adverse trade balance without reducing its imports is coming to be looked upon in this country as a particularly satisfactory revelation of British recuperative powers. Were the United Kingdom to be forced by circumstances—and it was feared in many quarters not so long ago that such would be the case—to curtail its imports substantially, the chances of recovering its pre-war trade and eventually working its way out of the burdensome financial obli-

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tions which the war saddled it with would be considerably endangered. With the single exception of coal, the industries of England are dependent almost entirely on imports for their raw materials; so that any marked reduction in British imports would entail a proportionate reduction in the activities of British exports. That the United Kingdom has been able to maintain and even to increase to new high levels its imports, in spite of heavy foreign debts, adverse exchange rates and preponderant adverse trade balances, accumulated since 1914, speaks well for the foresight, courage and resourcefulness (on which in the final analysis a nation's future depends) of British merchants as a whole.—From The World's Markets, published by R. G. Dun & Co.

Ask for Minard's and take no other. Very Old Banknote.

The longest time during which a note has remained outside the Bank of England is 111 years. It was one of £25, and it is computed that the compound interest during that long period amounted to no less than £6,000.

BOTH DESIRABLE. (Boston Transcript). Dix—A man rises in his own estimation when he settles down. Dix—Yes, and he rises in his creditors' estimation when he settles up. Keep Minard's Liniment in the house. WORSE THAN A KNOCK. "This is a rotten criticism of the show." "What's the matter. Does it roast you?" "No, sir. It doesn't even mention that I was in the cast."

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MERELY SUGGESTIONS.

The Busy House Wife May Here Find Some Labor-saving Ideas.

It is the duty of the busy house-keeper to try to arrange everything so as to save her steps. So, keep tissue and wrapping paper and string neatly folded in the dresser.

Large paper bags are nice to put scraps of paper in—before consigning to the trash barrel; then these same scraps will not fly all over the street when the trash is carelessly emptied this same barrel.

Thin Turkish towels are nice for use in bathroom, pantry and kitchen. They keep their color, and do not require the extra work of ironing. Cotton crepe, cut into towel lengths, and hemmed, after two or three washings, are fine for glass drying.

Soft old ticking cut into convenient sizes and "nicked" edges are excellent for stove and oven use, and old silk stockings legs sewed together, size about six inches square, are about the nicest lifters or holders imaginable.

WOOD'S PHOSPHODINE.
The Great English Preparation.
Tones and invigorates the whole nervous system, makes new blood, cures old Venereal diseases, Debility, Mental and Brain Worry, Dependancy, Loss of Energy, Faltering of the Heart, Failing Memory. Price 21 per box, six for \$5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

For the Teacher.

No one is too young or too old to be impressed with the fact that obedience is the law of life. Show its rewards and its test of discipline. When one wills to obey, he throws into gear machinery the like of which is not known anywhere else on earth.

Rice and Peanut Butter.

Boil one-half cupful of rice until tender in molting, salted water. Pour over it one pint of thin white sauce, to which one-half cupful of peanut butter has been added. You will find this a tasty combination.

Minard's Liniment used by Physicians
EXTRAVAGANT.
"Extravagant, isn't he?"
"What makes you think so?"
"He still puts two spoonfuls of sugar in his tea."

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Men, Are You In Doubt

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

SYMPTOMS OF VARIOUS AILMENTS.

Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, restless sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 20 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something 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 restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 20 years in treating men and their ailments.

Dr. Ward's Methods Unrivaled, 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 grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

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