

How OXO reduces the high cost of Living

Tasty Dishes

OXO Cubes are great! They provide appetizing soups, stews, gravies, and enrich all meat dishes with little trouble and great economy. They promote better health for the family, too.

The Children's Meals

Let the children start and end the day with OXO and milk. Add an OXO Cube to a bowl of hot milk (diluted, if desired), and serve with bread or toast.

Strength for the Invalid

OXO Cubes are dietetically superior to beef-tea and more economical. Hospitals, infirmaries and public institutions use OXO in preference to beef-tea. A daily cup of OXO is splendid protection against influenza.

Don't Get Run Down—Take



In tins of 4 - 15c. — tins of 10 - 30c.

The Great Beef Economy

Western hard wheat is the best wheat in the world. Purity Flour is made only from the finest Western wheat. Purity, therefore, is unexcelled.

PURITY FLOUR

"More Bread and Better Bread"

More Eggs, pratts,

Plenty of eggs, winter and summer; don't let your hens loaf or just be boarders. ANTE your hens will lay more eggs, or your MONEY BACK from your dealer. We will send you a copy of PRATT'S POULTRY BOOK FREE. Write for it TO-DAY.

PRATT FOOD CO. OF CANADA, LTD., TORONTO



FOR Neuralgia



Proved safe by millions and prescribed by physicians for

Neuralgia Colds
Headache Pain
Lumbago Toothache
Rheumatism Neuritis

Safe Accept only "Bayer" package which contains proper directions. Handful of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monac, Germany. Aspirin is a Bayer product. To assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Of Interest to Women

Some Cakes and Candies for St. Valentine's

Holidays mean a lot to young people and they give us an excuse for the making of many dainties dear to their hearts. Home-made sweets are always wholesome and are never equally by any others, in the children's minds. In making the cakes, use the heart-shaped pans, large and small, use the best coloring to tint the frostings pink or red or delicate green.

FAIRY ALMOND CAKE

Cream together a cupful of butter and two cupfuls of sugar. Beat smooth and slowly the beaten whites of four eggs, stir for ten minutes then add a cupful of rich milk. Beat the mixture gradually two cupfuls of sifted flour. When blended add another small cupful of flour in which there are two level teaspoonfuls of baking powder. Beat light then add a teaspoonful of almond flavoring and pour into a buttered and flour dusted heart-shaped pan. Bake in a moderate oven. Frost with a delicate soft frosting, flavored with a few drops of almond flavoring, and don't forget to tint the frosting.

GOLD SPONGE CAKE

Break one dozen eggs into a mixing bowl, without separating the yolks and add to them two cupfuls of sifted powdered sugar. Set the pan in a pan of boiling water over the gas hole and keep it at boiling point. Beat the mixture constantly with an egg beater for a half hour without stopping. Remove from the fire and stir in a cupful of sifted flour, the strained juice of a lemon and a little of the grated rind. Pour into a well buttered chimney pan and bake in a medium oven for half hour. When done invert the pan over a plate and let cool before removing it, unless it sweats out of the pan itself as so often happens. Tint the soft frosting yellow and flavor it with lemon juice.

SPICE KICKS

Beat to a cream five fresh eggs and two cupfuls of sugar, beating for five minutes. Add the strained juice of a lemon and a little of the grated rind, then sift in gradually two cupfuls of flour in which four level teaspoonfuls of baking powder and a half a teaspoonful each of cinnamon, nutmeg, and cloves have been mixed. Beat well, then add slowly two cupfuls of flour. Drop by the spoonful upon greased baking pans and bake in a medium oven, eight to ten minutes. This makes about four dozen cookies and if desired they may be frosted.

MOLASSES COCONUT STEEPLES

Put into a saucepan a cupful of granulated sugar, a cupful of golden syrup, and a half a cupful each of Southern molasses and rich cream. Add a teaspoonful of salt and cook until it forms a soft ball when tried in a little cold water. Add a pound of grated coconut and turn into a buttered pan to cool. When cool enough to handle, shape into steeples the usual size and wrap them in wax paper.

PECAN DREAMS

Melt a small half cupful of butter in an iron candy pan and melt it. Add a half cupful of sugar, two cupfuls of dark Southern molasses, and when melted together add gently a tablespoonful of vanilla. Boil for five minutes. Then add a little form a hard ball tried in cold water, then add a teaspoonful of vanilla and a cupful of finely chopped pecans. Turn into a buttered pan and when cool enough to handle, pull a few minutes then cut into small pieces and wrap in wax paper.

VALentine MINTS

Put two cupfuls of sugar into a saucepan with three-quarters of a cupful of water and cook gently until it forms a soft ball when tried in cold water. Add a cupful of mint, wintergreen or cinnamon, enough coloring matter to tint them the desired shade; beat with a silver fork until creamy, then drop by the teaspoonful into wax paper.

W. C. T. U.

W. C. T. U. DELEGATES

HEAR SOUND TALKS
Sir George Foster Regrets Canada Has No Calvin Coolidge.

TORONTO, Jan. 11.—(Canadian Press.)—"Be more careful in the future, than you were in the past to stand by those who have stood by you," was the advice given to prohibitionists by Sir George Foster, who last night addressed the session of the national convention of the Women's Christian Temperance Union of Canada.

"I want that to sink into your minds," he said. "It is not only bad manners and bad companionship, but bad policy, for you lose by it every time."

Mrs. Victoria Booth-Clibborn Demarest, granddaughter of the late General William Booth of the Salvation Army and Mrs. John Scott, of Montreal, W. C. T. U., national superintendent, also addressed the meeting, which was well attended. Mrs. Gordon Wright, of London, Dominion president, occupied the chair.

Sir George further advised his hearers not to relax their efforts because they had apparently obtained their objective, but to realize that it was more important now than ever before, for them to "carry on." Because a law was passed in 1918, he said, that it would be observed, and no where was this more the case at the present time than in the United States and Canada. He recalled a recent gathering of a thousand leading business men of the United States, in which a resolution was passed that they had launched a nationwide campaign not only to promote law observance, but also law enforcement.

In this, he said, the whole change in temperature, which is a pleasant surprise at this season.

Beautiful warm weather has preceded during the past week quite a change in temperature, which is a pleasant surprise at this season.

Waging Successful War Upon Dust.

Some one asked not long ago about the correct way to clean a room. It is hoped that the answer to this question will lift a burden of drudgery from those who work in the dark and at a disadvantage.

Taken as an example the living room, as it likely to have the greatest number of things in it. First empty all waste paper baskets, cigar ash trays, remove all old papers, and any trash there may be about. Next shake the bottoms of the curtains and pin them up. Dust all the light chairs, brush the sofa and upholstery, and set them out in the hall.

Then dust the mantel and cover the things closely with a dust cloth. Dust the book shelves, if they are open, then cover all with another dust sheet. Next take all sofa cushions to the window or out doors, and brush them, then lay them on the chairs. The couch cover is then shaken and follows the pillows. All small rugs are then taken out to be shaken and the room is ready for sweeping.

A good way brush is next used to get all the dust from over pictures, in corners and on the side walls. Scatter damp tea leaves, wet wadded papers or some of the stuff that comes for the purpose before sweeping. Turn back the edges of the rug and sweep the wrong sides, then brush around the base of the rug with a brush. If the rug is very dusty it may be gone over a second time. A vacuum cleaner may be used, or a good carpet sweeper, to get what the broom may have missed. Next dust surface and furniture with a soft duster and a flannel dust cloth, dusting around the windows and the worktop as well as the large pieces of furniture. Wax the floor around the edge of the rug. Run over the furniture with furniture polish. Carefully remove the dust sheets and finish dusting the things under them. Wipe the light fixtures, the globes and the bulbs. Then bring in and lay down the small rugs, turn down the curtains, cover the rearrange the tables, put on the couch cover and return the pillows, bring in the chairs and fix the curtains and shades as usual. If it is the week to clean picture glasses, mirrors and windows, they should be done before bringing in the furniture.

Coolidge, and the speaker regretted that Canada did not possess such men at the head of affairs. The difficulty was that many of those who expressed themselves as sympathetic to law enforcement were not any too strict in observing the law themselves.

The W. C. T. U. in Canada, Sir George said, had a chance to follow the lead set in the U. S., and not only launch a campaign for law enforcement but also for law observance. He strongly advocated the use of the radio furthering such a campaign.

The Toronto Evangelist, Mrs. Victoria Booth-Clibborn Demarest, now conducting a series of revival meetings in Toronto, and who had just recently completed a speaking tour of the United States, declared that the W. C. T. U. in that country had been given full credit for having brought prohibition there. She said that the W. C. T. U. there were now launching a national campaign against the cigarette and she hoped the organization in Canada would also enter a fight to banish it here.

Mrs. Scott, pointed out that it was less than a hundred years ago when slavery was not only condoned in Canada, but was also, upheld, from high pulpits, while at the present time an advocate of slavery was not to be found. She predicted that in less than a hundred years from now, as advocates of moderate drinking would be equally as scarce.

Mann's Settlement

We are glad to see that some of our young people are taking advantage of the beautiful moon light nights by tobogganing.

Miss Mabel Irvine has returned home after spending a very pleasant week in town.

Mr. Nelson Irvine has returned from White's Brook where he spent the last few months.

Mr. Alexander Mann has taken charge of the Postoffice.

Misses Ruth Burton, Mabel Irvine and Grace Irvine attended the hockey match in Matapedia Saturday evening.

Mr. Edward Irvine spent the weekend at his home here.

Mrs. Hilam Huntington is receiving congratulations on the arrival of a baby girl on January 13, Elva May.

Mrs. Shanley Mann, Mrs. Jacob Hancock, and Miss Lucella Irvine spent a very enjoyable day in Millstream last week.

Mrs. Wilfred Irvine spent the weekend at his home here.

Mrs. Eph Mann spent last Monday in town.

Mrs. Ben Irvine and children were the guests of Mrs. James Mann on Sunday.

Mrs. Hilam Huntington, Mr. and Mrs. Gordon Irvine were the guests of Mrs. John Lyons on Sunday.

We are pleased to see that the girls of this village have organized a new club. The name of which is to be the Girls Athletic Association. Their first meeting was held Monday evening.

A number of our young folk spent Friday evening at the home of Mr. MacDougall.

Cape Cove

Beautiful warm weather has preceded during the past week quite a change in temperature, which is a pleasant surprise at this season.

We notice the following arrivals in town spending the week end at "Lone Hotel": Mr. and Mrs. J. A. LeGrand, Miss R. Bossy, Mr. A. Gale, Mr. C. Gardin.

On Saturday evening a number of our young friends were entertained by Mrs. R. LeGrand, amongst those present we noticed, Misses Freda and Rhoda Bossy, Messrs. Jack LeGrand and A. Winter Bauche.

Sunday being a beautiful day some of our young men were out driving from Cape Despair, and were entertained at tea by many of the fair sex. Mr. John Albert, the popular Cape Cove comedian, was unable to fulfill his Cape Despair engagement on Friday evening owing to a slight cold, his many friends with him a speedy recovery, especially may we mention those from Cape Despair.

Mr. and Mrs. P. C. J. deGruchy, and Master Ralph, visited Chandler on Saturday.

Mr. Ernest Legrand and Miss May Gaudin spent Sunday at the home of Mr. Legrand.

New Richmond

The eighty-fifth annual meeting of the Presbyterian congregation of New Richmond met in St. Andrew's Church on the 27th inst., with a representative gathering. Mr. Angus Campbell of Black Cape presided.

The Secretary Treasurer, Mr. H. M. Johnston read the minutes which were received and adopted. The session report was read by the pastor, Rev. Alex. Mackay. Ten deaths had occurred during the year, 1924. Three of whom were members in full communion.

"One of these, Mrs. R. H. Montgomery was a leader in our congregational life and work. She was a woman of noble character and a devoted mother in Israel. She was always present with us at our Annual Congregational meetings. We miss her presence to-day. We know however that our loss is her gain. She has been called to a higher service. She rests from her labours and her works do follow her. It is for us who remain to keep on fighting the good fight and running to straightness, that we may serve our generation according to the will of God, and at last receive the well done good and faithful servant enter thou into the joy of thy Lord."

The others who passed away are Mrs. James McLellan, John Howatson, John Dorriddie, William Anderson, Colin Kerr, Amy Cochrane, Mary Robb Campbell, Jean Marion Gilker.

USE HOME GROWN RED.

CLOVER SEED

Red clover seed has been a failure or partial failure during the past season in a great many districts where seed is usually produced. Such a condition always means danger for the farmers in Canada, particularly in those sections where severe winters sometimes interfere with our red clover stands.

The danger to which I refer is that of securing imported red clover seed from regions where sorts, not hardy for our conditions, are produced. A shortage of domestic red clover seed on the American continent always means heavier importation of foreign seed. Seed has been coming from

France and Italy and therein lies, at least in part, our danger.

Tests of the relative hardiness of domestic and foreign red clovers have been conducted on the Dominion Experimental Farms for a number of years past. Without exception, French and Italian clovers have winter killed badly under most conditions, while English seed and that secured from the southern portion of the red clover areas in the United States have been less parly than Canadian grown seed.

Because of the difficulty of securing accurate information as to the origin of imported red clover seed, our Canadian farmers are urged to secure locally grown seed where possible, providing such seed can be secured reasonably free from noxious weeds.

It would be much more profitable to plant a larger quantity of local seed, the germination of which was impaired to some extent, than to take a chance of winter killing in the case of imported clovers the origin of which was not known.

G. P. McROSTIE, Dominion Agrostologist.

OBITUARY

Thomas Edwards

Word has just reached us of the death at Arichat, Cape Breton, on Sept. 3rd 1924 of Mr. Thomas Edwards. He was a nephew of the late Daniel Edwards who settled in Resipouche after the Miramichi fire Alexander Edwards living at Esquimaux P. Q. is a cousin.

The deceased was 82 years of age and lived at Arichat all his life. He followed fishing and farming. He is survived by his wife three daughters and two sons. The sons are in Cape Breton. One daughter lives in Providence R. I. One at Pictou N. S. and the other has settled in Glasgow Scotland.

Two of his brothers George and John and his two sisters have predeceased him some years ago. One brother Frank at Arichat survives him.

PROSPERITY IS IN SIGHT

Ottawa, Feb. 8.—Hon. Dr. H. B. Boland, Minister of Soldiers' Civil Re-establishment and Health, speaking at a banquet of Liberal women here on Saturday evening, gave it as his opinion that "Canada is on the eve of a wave of prosperity, the like of which we have not known for the last fifty years."

His aching back relieved

"I suffered with aching back which interfered with my work on the mill road. It was so bad that I had to give up my work for about two months. Then I started taking Gin Pills. I got relief in four days so that I could go back to work."

100 Main St., Buffalo, N.Y.

Gin Pills will help you, too. Get a box from your druggist to-day.

National Drug & Chemical Co., of Canada, Limited, Toronto, Ontario. Gin Pills in the U.S.A. are the same as Gin Pills in Canada.



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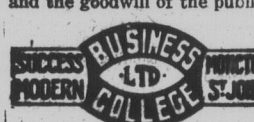
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Our History has been of continued and increasing success. That is only possible because this success is merited. Businesses do not grow and prosper that do not have the confidence and the goodwill of the public.



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HEAD AND BRONCHIAL COLDS
No Smoke—No Sprays—No Soot
Just Swallow a RAZ-MAN Capsule
Restores normal breathing. Quickly stops all choking, gasping and mucus gathering in bronchial tubes. Gives long nights of restful sleep. Contains no injurious or habit-forming drugs. \$1.00 per box at drug stores. Send for generous trial. Templeton, Toronto.

RAZ-MAH

GUARANTEED RELIEF

ARE YOU READING THIS SERIES?

Selling The Maritimes To The West

PROCLAIMING the Potentialities of Nova Scotia, New Brunswick and Prince Edward Island in the other Provinces of Canada, Explaining our splendid Ocean Terminal Facilities, Stressing our claims for western freight as against foreign ports, Making known first-hand the important place the Maritimes occupy in the grand scheme of Canadian federation.

A. M. Belding, of the Editorial Staff of The Telegraph-Journal, Special Lecturing Representative, is telling this story to our Western fellow Canadians and sending back, day by day

EXCLUSIVE REPORTS

for the readers of

THE TELEGRAPH-JOURNAL

ST. JOHN

Subscribe Now.—Only \$1.25 for 3 Months' Subscription

PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and after taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may judge my testimony."—Mrs. HILLY BALANOFF, Fustier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times irregularity, backache and headache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine helped thousands of women and it is reasonable to expect that it will be your help today. Your druggist sells this medicine.

FLOOR SCRAPING MACHINE

I have purchased a "Universal Floor Scraping Machine" (one of the best or the market) and am now prepared to scrape hard wood floors of every description in a thorough first-class manner at most moderate prices.

RATES ON APPLICATION

THOS. R. MCKENZIE
Phone 271 Campbellville
Sept. 4-11.

FAULTY NUTRITION

Many of the ailments of grown people may be traced to faulty nutrition. Well-fed children adults withstand weakness better than those who are indifferently nourished.

Scott's Emulsion

supplies the weakened child adult with food-factors to other foods often fail to furnish in needful volume.

Not a great deal of Scott's Emulsion is needed—but a regularly often means restored vigor and strength to those who are rundown in vitality or who are weak.

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taking Embalming

D. F. GRAHAM

WATER ST. PHONE

One Bottle of Cam

relieved his we

Three bottles of Cam stored him to perfect

Don't let yourself get When you do, your system and you are likely to find that it is going. If tired, depressed, weak, watch yourself. These are signs to you that something may follow. It's at a time that you need a tonic, which will tone up your strength. This Mr. Collins felt before he died. He says: "I was in condition. For six months very weak and suffered I appetite. I tried all kin I thought might possibl let, but without success. Then he advised me to try Cam. I had three bottles of Cam w me. I found it to be a tonic. I can't say it's not. I cannot express to praise Cam for it has done for me. I have it can do such advice. I can say that you and if continued u nment relief. It will you the best health I've had.—Mr. R. O. Col