Coughs, Colds, **Bronchitis**

If there is an ailment in the throat or chest, it is surely essential that the remedy be conveyed direct to the affected part. It's because the heal-ing vapor of Catarrhozone is breathing vapor of Catarrhozone is breath-ed into the sore, irritated throat and bronchia: tubes that its balsamic fumes kill the germs and destroy the cause of the trouble. These are the reasons why Catarrhozone never yet failed to cure a genuine case of Ca-tarrh, Asthma, Bronchitis or Throat Trouble.

wonderfully soothing vapor of The wonderfully sooning vapor of Catarrhozone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid, which goes merely to the stomach. and fails entirely to help the throat

Catarrhozone Just Breathe It

To permanently cure your winter ins, your coughs, sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhozone. But beware of the substitutor. Large outfit lasts two months, cests \$1.00, small size 50c, trial size 25c, at deal-ers everywhere.

How to Select Foods

the housewife will group the various foods in her pantry, yegetable bins and refrigerator in to five simple groups and will see that foods from each of the groups appear in each day's meals can feel sure that she is riving her family the eight different substances which the body needs for wellbeing. This grouping will help the housekeeper who wishes to save money or time to simplify her meals without making them one sided or incomplete. It will enable her to determine whether the meals supply all the different materials needed and will prevent substituting one food for another which has as entirely different use.

Group 1.-Fruits and Vegetables Group 1.—Fruits and Vegetables.
Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constitution and serve other useful purposes, and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

for health. By giving bulk to the dieth they make it more satisfying to the appetite.

Foods depended on for mineral matters, vegetables acids and body regulating substances:

Fruits-Apples, pears, &c., berries, oranges, lemons, &c., bananas melons &c., Vegetables—Salads, lettuce, celery, &c., green pous, beans &c., tomatoes, squash, &c., pot herbs, or "greens." pototoes and root vegetables.

Group 2.—Meat and Meat Substitutes.

These are sources of an important body building material, protein. In the case of children part of the protein food should always be whole milk.

Foods depended on for protein:

Milk, skim milk, cheese, &c., poultry, eggs, meats, fish, dried peas, beans, cowpeas, &c., nuts.

Group 3.—Foods Rich in Starch.

Cereals (wheat, rice, rye, barley, oats and corn) and potatoes (white and sweet). Cereals come near to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals:

Foods depended on for starch:

Cereal, grains, meals, flours, &c., cereal breakfast foods, bread, macaroni and other pastes, crackers, cakes, cookies, starchy puddings, &c., potatoes and other starchy vegetables.

Group 4.— Sugar.

Unless some of the fuel is in this form

Group 4— Sugar.
Unless some of the fuel is in this form the diet is likely to be lacking in flav-

Foods depended on for sugar. Sugar, molasses, syrups, honey, can-dies, sweet cakes and deserts, fruits preserved in sugar, jellies and cried fruits.

fruits.
Group 5.—Foods Very Rich in Fat.
These are important sources of body
fuel. Without a little of them, the
food would not be rich enough to taste

good.
Foods depended on for fat.
Butter and cream, lard, suet and other cooking fats, salt pork and bacon; table and salad oils.
Some food materials really belong in more than one group. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose and potatoes supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids , cellulose and body regulating substances for which they are especially valuable; and most mean temples fat as well as protein. The lists given above show some of the common food materials arranged in these five groups, according to their most important nutrients. Thinking of foods as belonging to these groups should help to prevent two mistakes—that of erving meals that have not sufficient variety and that of cutting down in the wrong places when economy either of time or money is needed.

The groupings will help the house-keeper who wishes to save money or

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn. - "I suffered for more



rest at night—
would lie awake and
get so nervous I
would have to get
up and walk around up and walk around and in the morning would be all tired out. I read about Lydie E. Pinkham's Vegetable Compound and thought I would try it. My pervaness soon

I would try it. My nervousness soon left me. I sleep well and feel fine in the merning and able to do my work. I gladly recommend Lydia E. Finkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZE, 603 Olmstead St., Winona, Minn.
How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkhem's Vegetable Compound, a trial.

Pound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulcoration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the stan-

time to simplify her meals without making them one sided or incomplete. Forexample, from these groups the housewife who has been serving bread, potatoes and rice or hominy in one meal will see that one or even two may be left out without omitting any important neutrient. They will show her that a custard that is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, and that a child does not need milk at the same meal with an egg or meat. It will suggest that baked beans or other legumes or thick soups made of legumes are substitutes for meat rather than foods to be eaten with meat.

If by studying these groups the housewife finds that she has provided tisue building protein (group 2) and the necessary though small amount of tissue building materials and body regulating materials (group 1) she may safely build up the bulk of the diet from any materials (group 1) she may safely build up the bulk of the diet from any materials (group 1) she may safely build up the bulk of the diet from any materials from the other groups that seem economical, wholesome and appetizing.

This method of planning prevents substituting one food for another which has an entirely different use. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

THESE GOOD TIMES.

People Have Many Luxuries of Late Years.

"Have you ever thought of the fact," said the middle-aged man who always takes the same table in a little restaurant in Herald square, according to the New York Herald,

Minard's Liniment Co. Limited. Gentlemen,-In July, 1915, I was throw Gentlemen,—In July, 1918, I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months. In Sept., 1906, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I dd with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely, MATTHEW X BAINES.

"that as regards inventions and discoveries the last twenty-five years are the richest and most momentous in all the world's history? Of course you haven't. We take all such things so lightly. When I was a boy we had no motion pictures to entertain us, and the only amusement we had was to be taken occasionally to a dime museum or a Punch and Judy show.

"Just think of was the children that as regards inventions and dis

"Just think or what the children now have compared to that. We used to ride in dingy horse cars, with straw on the floor in winter and a little stown in the corner And it was straw on the Hoor in whiter and at the stove in the corner. And it was impossible to read in those cars by the flickering oil lamps. Now, just let me give you a list of a few things that make for our comfort, convenience and entertainment to-day—all of which have come to us within a quarter of a century. Here they are: ter of a century. Here they are:

"The electric light, the telephone, the automobile, the electric car, the automobile, the electric car, the motion picture, the phonograph, the airplane the subways the tubes under the rivers, the typewriter, duplex telegraphy, wireless telegraphy, the airbrake, the typesetting machine, the color press, sanitary plumbing and a bathtub in almost every home, and tigentic and maryleous advances in tiseptics and marvelous advances in photography. Now, my friends, think this over and you wil lbe amazed how much farther advanced this generation is and what comforts and advantages we enjoy to which we give so little thought. Surely we have reason to be thankful.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes: "I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results. The Tablets with beneficial results are a mild but thorough laxative which regulate the stomach and bow-els and thus prove of benefit in cases ers and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Share and Share Alike.

The Russian revolution was not without its lighter side, as the follow-ing account of what happened in Pe-

trograd will show:

A woman communist was holding forth, asserting that all were equal and all wealth should be divided equally. On this a man in her audit and all weath and in her audiequally. On this a man in her audience prduced coins amounting to
about a dollar and one-half from his
pocket. "I agree wifh you," he remarked. "You have convinced me."
Turning to a bystander he asked him to change one of the pieces for him. He obtained two notes.

lie obtained two notes.

Sheing the lady orator, he said:
"This is all the money I possess. I will halve it with you," and he held out the seventy-five cents. She had to take it, and was about to commence her oration again when her questioner continued: "No, no. How much have you in your purse? We must now divide that, since we are to share now divide that, since we are to share equally in our wealth." Reluctantly she produced her purse. It was opened and found to contain twenty lars. The man pocketed ten dollars of this ,thanked her for her interest-

Minard's Liniment Cures Distemper.

Seven Stages of Marriage.

ing lecture and withdrew.

"There are seven stages of married inere are seven stages of married life, just as there are seven ages of man," is the united verict of an octogenarian couple who have just celebrated their diamond wedding.

First, there is the period of senti-mentalism, which comes to all healthy-minded boys and girls; it is the first stirring of new desires for a new and splendid life.

"Second, there comes the romantic period, which is a more advanced stage than of purely sentimental.

Complete School Set--25 Pieces



HOMER-WARREN CO.

This outfit contains: nese Pencil Box. Compass.
Rubber Tipped Drawing Pencils.
Metal Cased Lead Pencils.
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1 Box Crayons.
1 Eraser.
1 Box Paints.
1 Paint Brush.
3 Patriotic Biotters.
1 Book of over 200 Transfers.
2 Packages Union Jack Flag Stickers so that you can put the flag on your school books, letters, etc.
We will give you this whole 25-piece School Outfit free of all charge if you will sell just 30 packages of our lovely embossed Halloween. Birthday and Xmas Postcards at 10 cents a package (6 lovely cards in each package).
Send us your name and we will send you the cards to sell. When sold send us the money and we will send you the whole outfie. Address:

Dest. 56, TORNOTO

Dept. 56, TORNOTO

It is not necessarily tragic. The man realizes that his wife is just a woman, and this 'disillusion' often brings more solid happiness to the husband than he could ever have hoped for from the

ethereal vision he once had.
"The fourth is the period of pati-Each has got to adapt himself and herself to the new view of each "Fifthly, there is the period of re-formation. The callow ideas of youth fade away and the real man and the

real woman emerge.
"The sixth period is a period of contentment; each has become vital to "Lastly, there is the period of ro-mance. We have been married sixty years, and we can often see more ro-mance in looking back than in look-ing forward. The best rises to the mind, and we can dwell on many hap-

Minard's Liniment Cures, Colds, etc.

TIMELY RECIPES. INDIAN PUDDING.

An old-fashioned Indian pudding served with cream is delicious enough for the veriest epicure. Here is a long-tried rule: Mix four cupfuls of scalding milk, a cupful of molasses, scalding milk, a cupius of sugar, a two level tablespoonfuls of sugar, a quarter of a cupful of cornmeal, a tablespoonful of flour and a little salt. Let this mixture simmer over the little breath and a pastove for about half an hour, stirring erns. Marcus Aurelius.

"With the third comes disillusion, ly set add whites of two eggs, beaten tis not necessarily tragic. The man until stiff and one cup chopped nut meats that his wife is just a woman, and this 'disillusion' often brings more in cold water and chill. Serve with a custard made from the yolks of the eggs, sugar and a few grains of salt, milk and flavoring.

PASTES. Practically all fruits may be used in making pastes, and some of the best flavors are obtained by mixing the fruits. The method of making is quite similar to the making of leath-ers. The fruit pulp is boiled down, sugar added, and the resulting mixture partially dried.

Start the fruits boiling with a little water; cover them tightly, and steam slowly until enough moisture collects to allow them to cook slowly without burning, until soft. Rub the cooked burning, until soft. Rub the cooked pulp through a sleve, return to the fire and cook until it is very thick. Weigh the pulp, and add half its weight in sugar. Then boil until the paste is so thick that it will not run together immediately when a spoon is passed through it. Dry as fruit leather is dried, cut in fancy shapes, dip in is dried, cut in fancy snapes, thy in sugar and pack away. Fancy pastes and bombons are made by adding finely cut citron and candled peel, or by arranging different pastes in layers when nearly dry, cutting in half-inch strips and drying more thoroughly.

This Being of mine, whatever it really is, consists of a little flesh, a little breath and a part which gov-



DISTEMPER or Strangles in stallions, brood mares, coits and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPOHN'S COMPOUND. will do both—cure the sick and prevent those "exposed" from having the disease. Sold by your druggist or the manufacturers. Spohn Medical Co., Mfrs., Goshen, Ind., U.S.A.

By cleaning or dyeing-restore any articles

to their former appearance and return them

Send anything from household draperies

When you think of

Cleaning or Dyeing

Toronto.

down to the finest of delicate fabrics.

pay postage or express charges one way.

often enough to keep from burning and lumping. At the end of this time stir in a cupful of cold water, turn into a baking dish and bake for two

STUFFED HAMBURG ROAST.

Two pounds Hamburg steak, one reaspoonful poultry dressing, two teaspoonfuls salt. Mix well and form into loaf. Remove the centre and fill with any desired dressing, covering stuffing with meat. Brown each side of loaf in hot pan. Add a little water. Put thin slices of onlon on top of loaf, cover and bake thirty or forty minutes. Remove the loaf from pan, add utes. Remove the loaf from pan, add water enough to brown gravy to make two cups, four tablespoonfuls flour and one-half teaspoonful salt.

SPANISH BEANS. One and one-half cups red kidney beans, one cup strained molasses, oneeighth teaspoonful soda, one small pepper, two ounces fat salt pork, two teaspoonfuls salt, one small onion. Soak beans over night, drain, cover with water, add soda, boil fifteen min-utes, drain. Add diced pork, strained and stewed tomato, seasonings, and water to barely cover. Simmer gently

for eight or ten hours. MAPLE SPONGE.

Soak two tablespoonfuls granulated gelatine in one and one-half cups cold water ten minutes. Put two cups brown or maple sugar and one-half soaked gelatine. Cool, and when near-

to you, good as new.

Think of Parker's.

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PARKER'S DYE WORKS, Limited

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CROSS-ROAD BURIAL.

How Suicides Came to Be Interned There.

In pre-Christian days, suicides were terribly frequent, and it was generally agreed that a man might escape the burden of life in this manner, without discrediting his memory. Christianity with its higher code of morals, taught the wickedness and cowardice of selfmurder, in the strongest terms. When consecrated churchyards were set apart as the resting place of the Christian dead, it was felt that those who died in deadly sin, in flagrant rebellion against their Maker, had cut themselves off from the faith, and had no right to await 'he resurrection. murder, in the strongest terms. When no right to await the resurrection with faithful Ghirstians. They were believed to have put themselves out of society, and to have forfeited their right to share its burial privileges. In those early days, before churches could be built, it was the rule to preach and conduct divine service at the cross-roads. Wooden and afterwards stone crosses were erected to mark the situation where services would be held. Some of these have ben preserved to this day, being me-morials erected to the dead, or dedica-tions of thanksgiving. Since suiwater ten minutes. Put two cups brown or maple sugar and one-half to the boiling point and let boil for ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when near most holy spot was the ground near

the old cross, where service had once been held, and was then held. They buried the poor suicides there, because they were unwilling to relinquish hope for them. Afterward, for the sake of greater publicity, the gibbet and the gallows were set up at the crossroads, and criminals were buried beneath them after their execution. The law decreed that suicides should lie with these criminals, in order to mark the detestation in which the crime of self-murder was held. And so what was once a signal of Christian hope and charity, became a legal indignity im-posed upon the dead bodies to mark an immensely serious breach of the law of the country.

Explaining Falling of Leaves.

The snedding of leaves in autumn may be due to physiological drought. The soil contains sufficient moisture but the temperature of the soil may b too low to enable the trees to absorb simila rlosses may be due to simila

Measure Your Neck Before and After Taking

Gu-Solvo and you will be surprised at the reduction in the size of your goltre after taking the first bottle of a monk's famous remedy.

GOITRE

Send for free booklet, which explains what this midicine has already done for other sufferers and how you can successfully treat goitre in your own home: THE MONK CHEMICAL CO.,

43 Scott Street, Toronto, Ont. WRITE FOR BOOKLET "E."

Preserving Chilkat.

The phonograph has been requisitioned to preserve the tribal language and the folk songs of the Chilkat Indians of Alaska. Louis Shotridge, a member of that tribe, has recently re-turned to the United States after on absence of four years in Alaska the interests of the University eum at Philadelphia, Pennsylvania. He has devoted this time to studying the language, traditions and customs of his people, as well as to collecting their folk songs. Shotridge is the first Indian sent on such an entwrprise. He has brought back many phonograph records of the Chilkat folk songs and ceremonial chants. Some of these will be transcribed into musical scores. The Chilkats are rapidly taking on the ways of civilization, and, but for the work of Shotridge, their native folk songs might have completely disappeared in time. The Chilkats are fortunate people. What would many give to hear a eum at Philadelphia, Pennsylvania. He What would many give to hear phonographic record of English as spoken in the days of Chaucer, or the French of Moliere's time.

Little Things That Count.

Life is made up, not of great sacrilices or duties, but of little things, in which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart and secure



New, marvellous way to treat Catarrh, Coughs and Colds. Stops it ALMOST INSTANLTY-banishes that filthy, obnoxious hawking, spitting, sneezing, foul streath and its disgusting habits. You can stop it over night. TEST IT AT MY RISK: FIRST TRIAL CONVINCES. can stop it over night. TEST IT AT MY RISK. FIRST TRIAL CONVINCES. No clumsy apparatus, no Inhalors, Salves, Lotions, Sprays, Harmful Drugs. Smoke or Electricity. Nothing of that kind at all. SOMETHING NEW AND DIFFERENT, something delightful and healthful, something INSTANTLY SUCCESSFUL. It is JAN-0-SUN FOR CATARRH, COUGHS AND COLDS. You will say it is WONDERFUL, AMAZING, so quickly, so surely does it act. DON'T WASTE TIME and money on useless methods. Don't suffer. TRY JAN-0-SUN AT MY RISK. Write to-day before you do another thing. Just say, "I want to try Jan-o-Sun." Address:

JAN-O-SUN
59 St. Peter St. Dept. 122. Montreal, Que.

Two Canine Heroes.

Two French war dogs, which well deserve the honor, have had their names and numbers posted up at all the French army kennels for a deed of valor. The story is that, at the time of the German offensive, the dogs' keeper stayed in the rear to the last moment, waiting for his dogs to return with an important mes-sage. When they did come, the only sage. When they did come, the only way left to escape capture was by swimming the Marne, and the man could not swim, so he coupled the dogs together, and "clinging to their iron chain, was dragged across the river by hem, the three escaping unburt in spite of a rain of bullets from German

Minard's Liniment Cures Garget in

Chemistry.

chemistry.

The interest in chemistry and chemical products has greatly increased in Canada owing to the fact that this country had been forced by the war to depend upon its own resources in this direction. The following uses are described to these chemical products: In making soap and paper pulp, mercerizing cotton and purifying mineral olls, caustic sold as used; soda ash is necessary in the manufacture of soap and glass; silicate of soda (better known as water glass) is utilized in the manufacture of soap and in dying and facture of soap and in dying and printing calico, finishing cotton goods preventing wood rot, bleaching jute and preserving eggs.

Minard's Liniment Cures Diphtheria

ISSUE NO. 43, 1919

PARMS FOR SALE

123 ACRES—COUNTY OF YORK—close to shipping points, scheel, and churches; good land, buildings, is good repair; five thousand. D. Pillesy. 116 Garfield south, Hamilton.

VINELAND-THE LAND OF VINES-the garden of Canada; buy a farm of ten-acre fruit and poultry farm and live happy. See, 'phone or write G. W. Ar-nott, Vineland, Ont.

FARM FOR SALE—200 ACRES ON THE Grand River, 19 minutes' walk from Caledonia station and schools, including Collegiate; clay loam, slightly rolling, 8 acres bush, balance clear; 2 frame houses, large barn 49x100, stone foundation, nice assortment of fruit; can be sold with or without implements. Bargain for quick sale, J. D. Biggar, 205 ctyde Blocks. Regent 934. Hamilton, Ontario.

FOR SALE—FIFTY OR MORE GOOD farms in the counties of Waterloo, Wentworth, Wellington and other counties; some near the city of Galt; also some beautiful homes in the city of Galt and some market gardens; all kinds of real estate. Apply P. H. Patterson & Co., 8 Ainslie street, Galt, Ont.

10-ACRE FRUIT FARM, NEAR LAKE Ontario. All planted with the best varieties of peaches, plums, grapes and cfierries; good soil: Trame house. For particulars, apply Box 3, Winons, Ont.

MISCELLANEOUS

A DOMINION EXPRESS MONEY
Order for five dollars costs three

HELP WANTED MALE.

OOM FIXER—FIRST-CLASS MAN ON Knowles Cam Looms, working on biankets and heavy woollens. State full details of experience, age and whether marierd or single. Apply Slingsby Mrs. Co., Brantford, Oht.

FARMS WANTED TO RENT.

WANTED-FARM TO RENT, GIVE particulars, rent, etc.; also apple orchard wanted for this fall or more with apples on it. P. O. Box 65, Hamil-

HELP WANTED-FEMALE WANTED-GOOD HOUSEKEEPER OR

W capable girl; excellent home and highest wages paid. Apply to Mrs. A. H. Tallman, 80 Delaware avenue, Hamil-ton, Ont. PROPERTIES FOR SALE. FOR SALE—CHOICE CITY HOTEL—central; select; handsomely furnished; modern; hot water heated; doing a profit-sable business; a gilt-edged proposition to a practical party to acquire a sound, well-equipped business property at a right-price; seventy-five thousand; on easy terms; 1-3 cash; balance, if desired, extending over 8 or 10 years; will not lease. Apply Box 751 Postal Station F, Toronte.

BUSINESS CHANCES FOR SALE-HARNESS BUSINESS-good farming country; stock small; no opposition; Landas leather machine, in good order; good reason for selling. Box 37, Otterville.

SEED CORN

Finest grades; quality guaranteed; & Row Yellow Flint, White Cap, Yellow, Dent, Golden Glow, Early Bantama, Jost, Large-eared Eureka Evergreen sweet: corn; also perfection Bean and Timothy-Hay. Buy direct from grower and, save the middleman's profit. A. J. McLennon, R. R. No. 4, South Woodslee, Ont.

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In estimating value, you must consider service, quality and price—not price alone. It is not so much what you pay, it is what you receive, that is vital to you.

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The best is the cheapest in the end.

Park Business College F. W. Park A. J. Park HAMILTON, ONT.

The Apocrypha.

All the Old Testament apochrypha, fourteen in number; have been translated into English and are included as apocryphal books in some editions of the Bible. They were formerly printthe Bible. They were formerly printed under a distinctive heading between the Old and the New Testaments, and in that form can still be found in many of amily Bibles. They are always included in the so-called Septuagint, a version of the Bible used by the Greek church.



THE HOUSE OF PLENTY"