

ASTHMA

If you have Asthma, don't imagine that you must suffer untold misery... TEMPLETON'S RAZ-MAH CAPSULES

Drinks For Hot Weather

Fruit juices, when free from adulteration, are not only agreeable to most people but are healthful as well...

RASPBERRY VINEGAR. Four two quarts of vinegar over four quarts of raspberries. Cover it, put in a cool place for two days. Strain

WOODS' PHOSPHODINE. The Great English Preparation. Tones and invigorates the whole nervous system, makes new blood in old veins...

ginger ale. Put one quart of chopped ice into a gallon jug, add one pound of sugar and one tablespoonful of strong ginger and shake the mixture well together.

MURINE. A Wholesome, Cleansing, Strengthening and Healing Lotion - Murine for Redness, Soreness, Graveling, Itching and Burning of the Eyes or Eyelids.

currant shrub. Heat two quarts of ripe currants and strain the juice through a cheesecloth. To every quart of juice add three-quarters of a pound of sugar and stir the syrup until the sugar dissolves.

Add the juice of one lemon and enough cold water to dilute the syrup. When it is cold pour it over the cracked ice and ornament each glass with a slice of lemon or a bunch of ripe currants.

LEMONADE FOR A WEEK. Boil together two quarts of water and four cupsful of sugar for 10 minutes. Remove the syrup from the fire and add four and one-half cupsful of lemon juice. Let the mixture cool, then seal in glass jars and put it in a cool place.

LIME PUNCH. Put eight cubes of sugar in a bowl and pour over them the juice of two limes and two oranges. Add one and one-half cupsful of cold water, and when the sugar is melted, chill the syrup with cracked ice. Just before

Cook's Cotton Root Compound

A safe, reliable, purgative medicine. Sold by all druggists, or direct from the manufacturer, THE COOK MEDICINE CO., TORONTO, ONT. (Inventor, Wm. Cook)

AN EGG DRINK. Beat three eggs thoroughly, and six tablespoonfuls of sugar and one and one-half cupsful of ice water. Whip into the mixture juice of one orange. Serve it in glasses topped with whipped cream.

A King's First Smoke. King Alfonso has been telling the story of his first cigarette. The incident, it appears, occurred immediately after he had been formally enthroned as King of Spain on attaining his majority on his sixteenth birthday.

Regina, Sask. - "I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unable to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also find it a very helpful Spring tonic and useful for constipation from which I suffer much. I have recommended Vegetable Compound to several friends, and am willing you should publish this." - Mrs. MERTHA W. LINDSAY, 210 Robinson St., Regina, Sask.

yellow and cracked ones for soup or some other dish where the fresh flavor is not so important. Always pour boiling water on your peas to cook them, and never let them cook much. Salt should not be added until they are nearly done.

A NEW ENGLAND METHOD. Wash and shell four quarts of marrowfat peas. Pour over them just enough water to barely cover them. Boil gently for 20 minutes, then add a dozen small new potatoes, a teaspoonful of salt, and cook 20 minutes longer. When done add one tablespoonful of butter, and one cup of this cream.

SALAD OF PEAS. This is a good way to use the little left-over dab of peas for next day's luncheon. Mix with the cold peas an equal quantity of chopped peanuts. Add a little minced sour pickle and enough salad dressing, either French or mayonnaise, to moisten the ingredients thoroughly. Chill and serve on lettuce.

BACON AND PEAS. Cut half a pound of trimmed bacon in dices and slightly brown in a saucepan. Sprinkle over the bacon half a tablespoonful of flour. Add one-half glassful of water, one pint of shelled peas, half an onion, and a few stalks of parsley tied in a bunch. Cook all until the peas are tender. Season with pepper and salt. Take out the onion and parsley when ready to serve.

PEA CROQUETTES. Press two cupsful of left-over peas through a sieve. Flavor with a little onion, a little chopped parsley and season. Add two well-beaten eggs. If the mixture is too dry moisten with stock, or too thin thicken with flour. Mold the puree into croquettes, roll in egg and cracker dust and dry in deep fat.

Minard's Liniment Relieves Diphtheria. PAINFUL MEETING. Bill - Just happened to run into an old friend downtown. Phil - Was he glad to see you? Bill - You bet not. I smashed his whole right tender.

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Those Early Garden Peas

Properly prepared there is nothing quite so delectable as early garden peas. But even these, fresh as they may be, can be utterly spoiled by improper cooking. The French have a way of cooking peas, which is supposed to bring out their full flavor. A few lettuce leaves are laid on the bottom of the saucepan, and a pint of shelled peas over them. Very little water is required, as the water on the lettuce and that drawn from it by the heat will be sufficient to cook the peas.

WOMEN OF MIDDLE AGE. May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

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Some Ways to Make Most of One Box

Nearly everyone agrees that the luscious ripe red strawberry, dipped in powdered sugar and eaten from the stems cannot be improved upon as a dessert, but with sugar so scarce and high one cannot serve them this way often. It is the time when housewives are searching through cook books to find recipes that will make one box of berries go a long way. Following are some of these recipes:

Soak 3-4 of a cup of tapioca in cold water for two hours and then cook in the double boiler with 2-3 cups of boiling water until transparent. Cool and pour over a box of strawberries that have been hulled into a glass bowl and sprinkled with sugar. Serve with sugar and cream. Do not cook the berries with the tapioca or the real berry taste will be lost.

For the popular strawberry whip, soak a tablespoonful of gelatin in a little cold water until soft, then dissolve in a cup of boiling water. Mash a box of berries and add the juice and two tablespoonfuls of lemon juice to the gelatin. Beat in a cool place till it commences to harden. Then whip with a Dover beater until light and frothy. Set in tall glasses garnished with a spoonful of whipped cream and a whole berry.

WHEN THE GOLDFINCHES SING TOGETHER. Speaking about community singing, has you ever heard the goldfinches at their spring reunions? You will have heard them of course, if you are interested at all in birds and their singing, for there is nothing more beautiful in bird life. These reunions occur in the spring time. They may have some special significance, or they may be merely the result of acquired habit; nobody knows for certain, unless it be the goldfinches themselves, and they are not telling. John Burroughs who knows as much about birds as anyone, says these gatherings are the manifestations of something different from the flocking instinct, and that he knows of nothing like them among other birds. Many of our birds have the habit of singing in chorus. The robin is at their best in chorus, and a chorus of Wilson thrushes in the evening is something to linger in the memory; but the community singing of the goldfinches is something by itself.

A woman is inclined to feel that she has lost her grip when she can no longer twist a man around her little finger.

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 specialist.

DR. WARD The Specialist. 79 NIAGARA SQUARE, BUFFALO, NEW YORK.

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no complaint, no hint of grievance. But it is at these annual spring reunions that the spirit of joy manifests itself in fullest measure. There is a touch of magic or mystery in the effect. The tree tops seem to be singing. The air is filled with gentle warbling. The birds themselves are not likely to be noticeable. There may be hundreds of them, but they are not in sight, and the music seems to come from the trees. There is no great volume of sound, rather a great multiplication of soft and joyous notes. It might seem like fairy music, if fairies were known to sing in the daytime, or to sing at all in this country. It is an expression of happiness, of the joy of living, of the pleasure of good companionship.

The goldfinch is one of the most attractive of our familiar birds. The male is noticeable without being obtrusive in his summer uniform of gold and black. No objectionable habits are attributed to the bird. He is not quarrelsome; he knows how to mind his own business, and he is generous with his gift of song.

When The Day Is Over

When the household chores and the everyday life has dragged you down, when you are unhappy and there is nothing in life but headache, backache, nervousness, irregularity and all the ailments of a woman's life, get your relief from Dr. Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, irregularities, and for the many disorders common to women in all ages of life.

Orlins, Ont. - "I suffered from a bad case of woman's trouble with backache, nervousness, disordered digestion, irregularity and I had great pain all the time, sometimes I would faint at my work. I had one physician after another but they did me no good. I then took Dr. Pierce's Favorite Prescription and it fixed me up right. I look much better and feel fine. I will recommend the 'Prescription' to all suffering as I did." - MRS. MAYBELLE B. GRATIK, 115 Albert St.

A Ready Quotation. The following story is told of Admiral Sir Montague E. Browning when he was commanding one of our battleships, says the London Chronicle. A "hard bargain" was brought before Capt. Browning, charged with having broken his leave for more than 100 hours. The evidence being heard, the captain asked the defendant: "Have you anything to say in your defence?" "Nothing, sir," came the reply, "except that to err is human, to forgive divine - Shakespear."

THE HOUSE OF PLENTY. It is a long, upturned snout, and resembles, to an extent, a toad. The anterior fins of the maltha are quite small, and are not able to act on the water. They only move backward and forward, and are, in reality, thin paws, which are of no service for swimming, as are the fins of other fishes.

SHILOH 30 DAY COUGHS. A woman is inclined to feel that she has lost her grip when she can no longer twist a man around her little finger.

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HELP WANTED - FEMALES

WOOLLEN MILL HELP WANTED. Our new Mill is now under construction and we now require female help for the following work, weaving, winding, specking, finishing. Previous experience not necessary. Every consideration shown to apprentices and good wages paid while learning. Boarding accommodation arranged. Several good positions now open. For full particulars apply to Blingby Mfg. Co., Ltd., Brantford, Ont.

HELP WANTED

WANTED. FIRST CLASS KNITTER. EXPERIENCED on Duboid Flat Fashioning Machine. Good wages paid to capable men. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

FARMS FOR SALE

IF YOU HAVE FARM PROPERTY for sale, kindly furnish me with full particulars. No expense whatever to you unless I effect a sale. If you desire to buy such a property in Canada or New York State write me for particulars. I have some very attractive properties to offer. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 384).

100 ACRES, NINE MILES FROM Toronto, on good road. Soil light clay loam in good condition. About 20 acres under cultivation, balance pasture. Bank barn, 48 x 70 ft. in good condition. Also good pig pen and chicken house. Large stone dwelling. Sheds for 25 heads of cattle. Plenty of good water. Stable. Price right, terms easy. Apply J. C. Hall, Weston, Ont.

FRUIT FARM - 30 ACRES OF THE choicest peach soil, planted and bearing in peaches, sweet and sour cherries and raspberries, a delightful situation, convenient to station and market. Buildings valued at \$2,000. Orchard trimmed, sprayed and ready for fruit. This is a splendid opportunity to secure a first class money making fruit farm and residence. All health reason for selling. Immediate possession. Price \$12,500. Terms arranged. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 384).

\$4,000 - NEAR BEAMSVILLE, 20 acres, clay loam, including 5 acres bush and pasture land, 7 room brick house, stone foundation, good cellar, frame kitchen, veranda, good barn, 30 x 38, 9 acres wheat, school, chool, etc., in Campden Village 1/2 mile away. Will take city property in exchange. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 384).

MISCELLANEOUS

SEND A DOMINION EXPRESS Money Order. They are payable everywhere.

Walker House. Where Service is not Sacrificed to Size. THE WALKER HOUSE is just what a hotel and has been known as 'THE HOUSE OF PLENTY'.

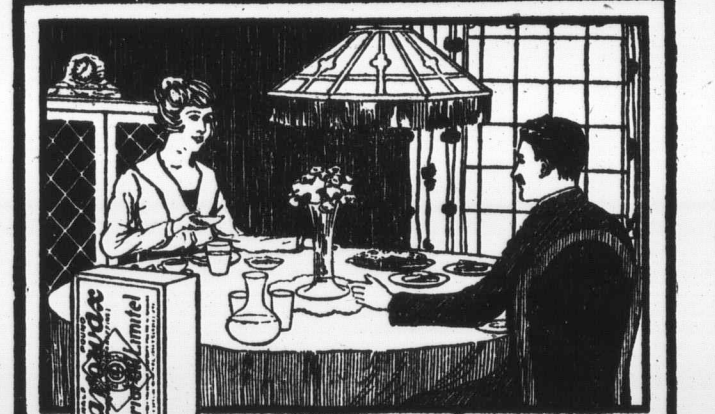
Fish That Cannot Swim. It sounds strange to say that there are fish which cannot swim. Yet it is a fact. A Brazilian fish called the maltha is one of these species of fish. It can only crawl or walk or hop. It has a long, upturned snout, and resembles, to an extent, a toad. The anterior fins of the maltha are quite small, and are not able to act on the water. They only move backward and forward, and are, in reality, thin paws, which are of no service for swimming, as are the fins of other fishes.

TELL THEM BOTH ONE. As Mrs. Lushington tossed to and fro one night the clock struck three, and the voice of a little child came plaintively from a crib: "Mamma!" it said. "Yes, love." "Mamma, I can't sleep. Won't you please tell me a 'fairy story', mamma dear?" "Wait, my love," said Mrs. Lushington. "Your father will soon be home now and he will tell us both one."

Minard's Liniment Relieves Garget in Cows. The Six Senses. In a primary school examination a question about the senses was answered by a bright pupil in this fashion: "The five senses are sneezing, sobbing, crying, yawning and coughing. By a sixth sense is meant an extra one which some folks have. This is snoring." - Boston Transcript.

Minard's Liniment Relieves Colds, Etc. GIFTED IMAGINATION. "Mrs. Ayes has great gifts of imagination, hasn't she?" "I don't know. Why do you think so?" "I heard her speaking of the flat they live in as 'our town house'."

QUEEN'S UNIVERSITY. Kingston, Ont. Part of the Arts course may be covered by correspondence. SCHOOL OF COMMERCE BANKING MEDICINE EDUCATION Mining, Chemical, Civil, Mechanical and Electrical ENGINEERING SUMMER SCHOOL July and August NAVIGATION SCHOOL December to April ALICE KING, Acting Registrar



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FRUITS retain all their luscious flavors, as fresh and sweet as the day preserved if flavors are sealed in with Imperial Parowax.

Imperial Parowax forms a clean, air-tight layer over fruit jars, keeping the fruit free from air, dirt and moisture and in perfect state of preserve. Saves time, labor, money. The economical and safe way to seal your jars, preserves and jellies.

IMPERIAL Parowax - a pure refined wax, colorless, odorless, tasteless. No chemicals or acids. Absolutely sanitary. A household necessity. Imperial Parowax lightens washing and improves ironing. In the wash-boiler it loosens the dirt, whitens the clothes and removes the grease spots that otherwise need so much rubbing. In ironing it adds perfect laundry lustre to your linens. Full directions in every package. Sold by good dealers everywhere. "MADE IN CANADA"

IMPERIAL OIL LIMITED. Power, Heat, Light, Lubrication. Branches in all Cities.

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