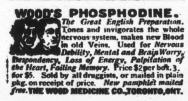
## STEMA A per large artistics in the a-tion of the second TEMPLETON'S. RAZ-MAH CAPSULES are so certain of re-lice we will send you a mample of these cap-lies, confident that you a lined, them all we have almost. Write to Tem-stona, 143 Eing St. W. d by reliable druggists by where for 81.04 a box.

\* **Drinks** For **Hot Weather** 

Fruit juices, when free from adulteration, are not only agreeable to most people but are healthful as well, and can be used as freely as pure waand can be used as freely as pure-wa-ter itself. A home preparation of drait juices, in variety, may be had by every family willing to prepare thom, at a slight cost. They should be securely sealed in glass jars, wrapped in brown paper to exclude the light and inbelied.

The recipes given here are simple and anyone may, make refreshing drinks for the hots days coming. RASPBERRY. VINEGAR.

Pour 'two quarts of vinegar over four quarts of raspberries. Cover it, put in a cool place for two days. Strain



the juice through cloth and pour it over four quarts of fresh berries. Set the mixture as de again for two days, strain again and add three quarts of sugar. Heat it slowly and skim the liquid until it is clear, then boil 20 minutes. Seal it in sterilized bottles. When you scrve, use two tablespoon-fuls of the syrup to a glass of ice water.

GINGER ALE. Put one quart of chopped ice into a galion jug, add one pound of sugar and, one tablespoonful of strong gin-

ger and shake the mixture well to

URINE & Wholesome, Cleansing, Beiroshing and Healing Lollos-Murino for Rod-tion, Itching and Burning UR EYES of the Byes or Byelids; and Burning and Burning or God the Byes or Byelids;

gether. Add one pint of good cider vinegar and fill the jug with water. Keep it on ice until it is very cold. CURRANT SHRUB.

Heat two quarts of ripe currants and strain the juice through a cheesecloth. **Ro 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 had enough cold water to dilute the syrmp. When it is cold pour it ever the exected ice and ornament each glass with a elice of lemon at a bunch of ripe currants. LARGON MINT.

LIGHON MINT. Wash the mint well and pick off a large empisi of leaves. Put them into a stone jar with one quart of chopped ics. Stir the mixture mail the leaves are thoroughly bruised and the flavor extracted. Strain off the water and add the juice of two oranges and six pensods and one pint of sugar. Put it on ice, and when it is thoroughly cold serve it in tall, thin glasses, with a suring of fresh mint ane a very thin sprig of fresh mint and a very thin slice of lemon in each cup.

LEMONADE FOR A WEEK. Boil together two quarts of water and four cupfuls of sugar for 10 minand add four and one-half cupfuls of lemon fuces. Let the mixture cool, then seal in glass jars and put it in a cool place. When you want to make lemonade dilute a little of the syrup with ice water with ice water

LIME PUNCH.

Put eight cubes of sugar in 2 bowl and pour over them the juice of two limes and two oranges. Add one and one-half cupfuls of coid water, and when the sugar is melted, chill the with cracked ice. Just before syrup

Cook's Cotten Root Cor



serving it add a slice of pineapple and a few crystallized cherries. The rea few crystallized cherries. The re-cipe makes only a small amount of punch. For a large company it should

be trebled AN EGG DRINK.

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

A King's First Smoke.

King Alfonso has been telling the tory of his first cigarette. The incident, it appears, occurred immediately after he had been formally enthroned as King of Spain on attaining his majority of his sisteenth birthday. Up ill that time he had not been allowed to smoke, nor even then was t prohibition withdrawn. Never-theless he came to the conclusion that, theless he came to the conclusion that as a ruling monarch, he might at in at do as he liked in this respect. Accordingly he asked his brother-in-law, the Prince of the Asturias, for

"I haven't got one," said the prince,

"I haven't got one," said the prince, faithful to the family orders. Then the king applied to the officer of the guard, who said solemnly: "I regret that I do not smoke them."

At last the young king made his way to the sentry at the palace door, who amiably produced a plug of black tobacco from his trousers' pocket and rolled a cigarette for his majesty, who moked it proudly through the palace.

"It made me violently sick later on." he said, in telling the story, "but I enjoyed it at the time. I feit, as <u>I</u> puffed and puffed, that I was really and truly grown up at last."

CERTALLY NOT

Oscar-"Why did you have the tele-bone taken out of your office?" Jim -"Do you consider anything a modern improvement which gives your wife a chance to ask for money dur-ing business hours after going through your pockets the night before?"-Houston Post.



THE ATHENS SERVERS



Properly prepared there is nothing uite so delectable as early garden But even these, fresh as they peas. may be, can be utterly spoiled by improper cooking. The French have 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 rater is required, as the water on the lettuce and that drawn from it by the heat will be sufficient to cook the

heat will be sufficient to coon the poas. Peas are sloways nicer if the pode are put in cold water an hour or so before shelling them. This crisps them, and cleans them, too, which means that the shelled peas will not have to be washed, for washing robs them of their flavor. It is a mintake to shell old peas with fresher ones. Sort out your pods, and shell only

May Pass the Critical Period Safely

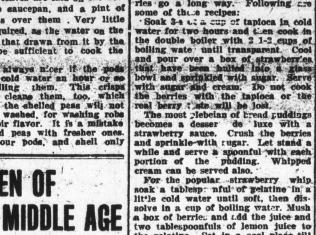
and Comfortably by Taking

Lydia E. Pinkham's Vegetable

Regina, Sask.-"'I was going through Change of Life and suffered for two years with headache.

Compound.

WOMEN OF



two tablespoonfuls of lemon juice to the gelatine. Set in a cool place till it commences to harden. Then whit with a dover beater until light and frothy. Ser in tall glasses garnished with a spoonful of whipped cream and a whole berry. For an emergency dessert split one

Ways to Make Most

One Box. Nearly everyone agrees that the lu-

of the popular sponge cakes that are sold in most c, the smaller grocery stores. Mash the berrier and sweeten. Spread over the cake, put together, pour the rest of the berries over the top and garnish with teaspoonful of whipped cream or meringue.

WHEN THE GOLDFINCHES SING TOGETHER.

(Wood And Sentinel-Review.) Speaking cbout community sing

ing, have you over heard the goldfin-ches 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 o something different from the flock ing instinct, and that he knows of no thing like them among other birds Many of our birds have the habit of singing in chorus. The robins are singing in chorus. The robin: are at their best in chorus, and a chorus of Wilson thrushes in the evening is something t l'ager in the memory; but the community singing of the goldfinches is omething by itself. The goldfinch even as a soloist is not to be despised. Whether alone among the tree-tops or down among the dandelions; whether calling to

no complaint, no hint of grievance. But it is at these annual spring re-unions that the spirit of joy mani-fests itself in fullest measures. There is a touch of magic or mystery in the effect. The tree tops seem to be sing-ing. The sir is filled with gentle warb-lings. 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 vol-ume of sound, rather a great multip-lication of soft and joyous notes. It might seem like fairy music, if fair-ies were known to sing in the day time, or to sing at all in this country. It is an expression of happiness, of 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 ob-strusive 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 gentious ripe red strawberry, dipped in erous with his gift of song.

# powdered sugar and eaten from the stems cannot be improved upon as a dessert, but wit. berries so very cost-ly, and 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 mediate that will make are here the When The Day Is Over recipes that will make one box c ber-ries go a long way. Following cre some of these recipes:



en up by Dr. Pierce fifty ye Wwwwthing f

ving out of the g me intend ted for some use in establish natural conditions. Dr. Pierce, of Buffalo, N. Y., long since found out what is naturally best for women's disease. He learned it all through treating thousands of cases. The result of his studies was a medicine called Dr. Pierce's Favorite ription. This medicine is ma vegetable gragilis that nature surely in-tended for backache, headache, weakening pains, irregularities, and for the many dis-orders common to women in all ages of life.

Orifia, Ont .:-- "I suffered from a bad case of woman's trouble with backache: pervo ness, 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 Pr tion and it fixed me up all right. I look muel better and feel fine. I will recom cription' to all suffering as I did."-'Pre MRS. MAYBELLE B. GRATRIX, 115 Albert St.

Write Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for confidential advice and you will receive the medical attention of a specialist, wholly without ice—no charge whatever.

#### A Ready Quotation.

The following story is told of Ad-miral Sir Montague E. Browning when he was commanding one of our battleships, says the Londor Chron-icle. A "hard bargain" was brought before Capt. Browning, charged with having broken his leave for more than 100 hours. The evidence being heard, the aptain asked the defaulter: "Have you anything to say in your defence?" "Nothing, sir," came the reply, "except that to err is hu-man, to forgive divine-Shakespeare." "Ninety days' detention without the option of a fine-Browning." was the ready if unpleasant rejoinder.



## 185UB NO. 27, 1920

HELP WANTED-FEMALE

WOOLLEN MILL HELP WANTED our now Mill is now under com niction and we now require female hel WOOLLEN MILL HELP WANTE our new Mill is now under co-letton and we now require female hav-predition and we now require weather is specking, finishing. Previous a erience not necessary. Every consid-tion shown to apprentices and go wages paid while learning. Beard commodation arranged. Several go ositions now open. For full particula pply to Slingsby Mfg. Co., Ltd., Brau ard, Ont.

## HELP WANTED

### WANTED

IRSTCLASS KNITTER, EXPER-ienced on Dubiod Flat Fashioning achine. Good wages paid to capable an. Best working conditions in daylight ill. Mercury Mills, Ltd., Hamilton,

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 de-sire to buy such a property in Canada or New York State write me for par-ticulars, I have some very attractive properties to offer. J. D. Biggar, 35 Clyde, Biocs, Hamilton, Ont. (Regent 33).

100 ACRES, NINE MILES FROM Control on good road. Soli light clay loam in good condition. About 70 Acres under cuitivistion, beinacce pasture. Bank barn, 45x 70 ft. in good condition. Also good pig pen and chicken house. Large stone dwalling. Stabling for 35 heads, of calle, Plenty of good water a stable. Fride right, irong agod water pig. J. C. Bull, Westou, On.

F RUTT FARM-39 ACRES OF THIS choicest peach soil, planted and bear-ing fn peaches, sweet and some ther-ries and raspheries; a delightful situ-ation, convenient to station and market. Buildings valued at \$5,000. Orchard trim-nid, sprayed and calitywited in readi-ness for this season's crop. Thises will set indicating a good crop. This is a spiendid opportunity to secure a first clas more; making fruit farm and re-sidence. III health reason for selling: Immédiate possession. Price 16,100. Terms arranged. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 934.)

**\$4,000** -NEAR BEAMSVILLE, acres clay joam, including a brick house, stone foundation, root cel-lar, frame kitchen and wood shed, verandah good barn, 30 x 3, 9 acres wheat; schools churches, etc., in Camp-den Village & mile away. Will take city property in exchange. J. D. Big-gar, 25 Clyde-Block, Hamilton, Ont. (Hegent 334).

MISCELLANEOUS

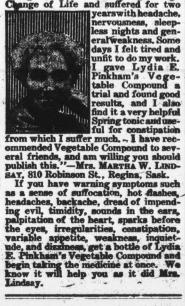
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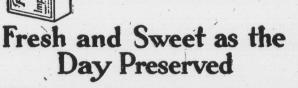
Fish That Cannot Swim

It sounds strange to say that there are fish which cannot swim- Yet f 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



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 mushy. Salt should not be add-éd until they are nearly done. Some



**F**RUITS 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, dust and moisture and in perfect state of preserve. Saves time, labor, money. The economical and safe way to seal your jams, preserves and jellies.



## Parowas

-a pure refined wax, colorless, odorless, tasteless. No chem-icals or acids. Absolutely sanitary.

A household necessity. Imperial Parowax lightens washing and improves ironiag.

In the wash-boiler it loosens the dict, 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.

-N

Sold by good dealers everywhere. "MADE IN CANADA"

IMPERIAL OIL LIMITED Power - Heats Light - Lubrication Branches in all Cities

cooks find that it not only intensifies the color of fresh peas, but bridgs out the flavor to put into them with the boiling water a piece of washing adda no bigger than a large pea. Other cooks add just the least bit of sugar. Where peas are assuredly fresh the simplest and best way to prepare them is to season delicately with salt, pep-per and sugar, generously with butter, and serve piping hot.

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 tea-spoonful of salt, and cook 20 minutes longer. When done add one tablespoonful of butter, and one cup of thin cream.

SALAD OF PEAS.

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 mayonnalse, to moisten the ingre-dients thoroughly. .Chill and serve on lettuce.

BACON AND PEAS.

Cut half a pound of trimmed bacon in dices and slightly brown in a sauce-pan. Sprinkle over the bacon half a tablespoonful of flour. Add one-half peas, half an onion, and a few stalks of parsley tied in a bunch. Cook all with pepper and salt. Take out the onion and parsley when ready to serve

PEA CROQUETTES.

PEA CROQUETTES. Press two.cupfuls 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 molsten with stock, or too thin thicken with flour. Mold the purce into croquettes, roll in egg and cracker dust and dry in deep fat. in egg a deep fat.

Minard's Liniment Relieves Diphtheria

PAINFUL MEETING.

(Cornell Widow.) Bill-Just happened to run into an old rient downtown. frient downtown. Phil-Was he glad to see you? Bill-You bet not. I smashed his whole right fender.

- 14

Minard's Liniment Relieves Distemper

the dandelions; whether cal his mate or keeping time to the beat of his wings in flight, his notes are always pleasing. There is no sugges-tion of harshness in any of them. nothing piercing, obstrusive or irri-tating. The tone is always musical and

X

.

11



A woman is inclined to feel that she has lost her grip when she can 10 the mood mostly costatic, or, at least, longer twist a man around her little indictive of contentment. There is finger.

The Specialist DR. WARD 79 NIAGARA SQUAR E, BUFFALO, NEW YORK.

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 debili tated; tired mornings; no ambition —lifeless; memory gone; easily fatigued; ex-citable and irritable; lack of energy and confl-dence? Is there falling power, a drain on the system? Consult the old reliable specialists.

#### SYMPTOMS OF VARIOUS AILMENTS.

Weak and relaxed state of the bony, aervousness, despondency, poor memory, lick of will gower, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfor-tune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, locks of weight, insomnia. Dr. Ward gives you the benefit of 29 years' continuous practice in the treatment of all chronic, nervous, blood and stin diseases. The above symptoms, and many others not mentioned, show plainly that so.rething 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 sry longer. Make up your min 1 cc come to me and I will give the beat creat-ment known to science—the one successful treatment based on the exy-sri-ence of 29 years in treating men and their atimants. Dr. Ward's Methoda Unrivalled, Thorough and Permanent.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

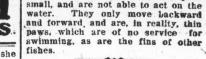
Do you realize that you have only one life to live-do you realize that you are missing most of that life by ill health? A life worth living is healthy life. Neglect of one's health has put many a man in his

a nearthy lits. Regiets of one attends and put parts but still there are 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. Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver trouble, scne, skin disease, catarrh, asthma, rectal troubles, piles, fistula and blood cua-ditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays-10 a.m. o 1 p.m. FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be crusidered as part payment of fee. Canadian money eccepted at full value.

79 Niagara Square, Buffalo, N. Y.



TELL THEM BOTH ONE

As Mrs. Lushington tossed to and "Yes, love." "Mamma, I c n't slee Won't you nless: tell me. "Girf stor", mamma

please tell me "fairy story, mamma dear?"

Wait, mr love," said Mrs. Lushington. "Your father will soon be home now and he will tell 1.3 both one."

Minard's Liniment Relieves Garget In Cows.

The Six-Senses.

In a primary school examination a question about the senses was an-swered by a bright pupil in this fashion: "The five senses are sneezing, so bing, crying, yawning and cough-ing. 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 imagin-tion, 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."

