Cook's first aid

The handy packet of Edwards' desiccated Soup is something the cook is always wanting, always ready when she needs it.

It solves the problem of good soup on busy days because it takes so little time to prepare. It helps her to make a tasty meal out of things that get "left over." It strengthens her own soups and suggests many a meal when she's wondering what to give.

SOUP



Canada where Edwards' Soup isn't needed; not a day when it does not aid the cook, and not a dinner which it will not help her to improve.

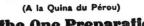
Edwards' desiccated Soup is made in Ireland from prime beef and fresh vegetables. Buy a packet to-day.

Edwards' desiccated Soup is made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup, prepared from best beef and fresh vegetables. The other two are purely vegetable soups.

5c. per packet.



Wilson's Invalids' Port



Is the One Preparation

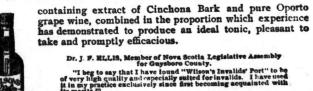
on this market that has received so many written endorsements from

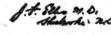
on this market that has received so many written endorsements from representative Canadian Physicians.

In cases of nervousness, general debility and all troubles of the digestive tract, it is important that the remedy taken should be prompt, efficacious, agreeable to take and should produce no bad

These requirements are all met with in

WILSONS INVALIDS PORT





Dr. J. F. ELLIS, Member of Nova Scotia Legislative Assembly for Guysboro County.

"I beg to say that I have found "Wilson's Invalids' Port" to be of very high quality and especially suited for invalids. I have used it in any practice exclusively since first becoming acquainted with its merits!"

ASK YOUR BOCTOR

BIG BOTTLE

ASK YOUR BOCTOR

102

ASK YOUR BOCTOR

102

ASK YOUR BOCTOR

102

ASK YOUR BOCTOR

104

PROGRESS ON N. T. R.

When three locomotives belonging to the contractors of the road passed through trip over the new transcontinental railway in New Brunswick from Edmunston to Moneton which is now complete, save the building of stations and terminals.

Dr. J. F. ELLIS, Member of Nova Scotia Legislative Assembly certainly be followed by that condition.

Mrs. L. D. Cook, Vineland, N. J., says: "I was sick five years with indigestion. My stomach seemed to have a heavy load in it and at other times it seemed to be tied in knots. Nobody knows how I suffered.

"I tried a great many doctors and a great many kinds of medicine but nothing did any good until I took Vinol. It has helped me won-derfully. I am improving fast, feel better and am getting my flesh back again. Vinol has done me a world of good."

We know the great power of Vinol in curing chronic stomach trouble and building up all weakened rundown are persons, and that is why we guarpersons, and that is why we guarand the store of the road passed through the prevince is now complete, save the
building of stations and terminals.



Page of Interesting News for Women

GIRLS WHO WIN SUCCESS

Success is much the result of one's own push. Love and marriage is not the aim of every girl. There are those who believe, and wisely enough, too, that if connibial biles is destined for them, it will come in its own good time. They are not worrying over it.

The girl who is perchance the only support of a widewed mother and little brothers and sisters, and who is not born with a golden spoon in her mouth, realizes that she has no time to sit down and worry over love and marriage. She must make her way in life alone and unaided until such time as Cupid thinks it worth while to come to her aid.

She sets about for some useful occupation, putting heart and soul into it. First of ail, she has a healthy mind; she does not build air-castles reared over a quagmire. Nor does she expect, even though she is a bright-eyed merry-hearted, vivacious girl, that only a millionaire is intended for her. It is well to remind girls that not every millionaire is desirable as a husband. They may have had entanglements, but they always leave kinks in a man's heart, and honor. It may be wiser to choose a man whose everyday life is like an open book to those about him.

Girls who win success in any or in every walk of life are those whose ideals are not too high; those who remember that this is a workaday world and who balance equally romance and judgment.

DON'T LOOK BACK.

The girl who is successful in life looks at all disappointments philosophically. She does not allow them to wreck her heart. She does not look back upon the past, but strives to improve the present. She takes up her duty in her own sphere, nor wishes it other than it is.

The girl who would win success in all or any walk does not waste her thoughts in vain desires nor wait the fullillment of boundless hopes and indiscreet desires. She is not conning what the mysterious future will bring; her belief is that she must always do the best she can and let results take care of themselves.

Even the girl who finds that she has made a bad bargain in the matrimonial market

Cynthia Grey's Correspondence

2. What are the duties of the maid of

Dear Miss Grey: 1. A. is a foreman B is the man working under him. A has been paying attention to me for some time, but I do not like him. B has been paying attention to me, too, and I dearly love him. I do not think it right to nave both of them coming around, but I will not throw B down. I do not want A at all, but if I throw him down ne will dismiss B from his work. What would you advise me to do?

2. Some time ago I had a sore on my head from getting lye on it, and, never thinking what the result might be, I put peroxide on it to heal it, It healed it, but bleached a portion of my hair quite red. Could I get anything to restore it to its natural color (dark brown)?

3. Is peroxide any good as a skinbleach?

4. Will rosewater injure the hair?

5. The hair on my eyebrows and lashes is very thim. Could I use anything to thicken it?

6. What is belladonna, and what is is used for? Also what is mercolized Wax?

A.—1. Be true to the man you love. If the foreman discharges him, no doubt he can obtain another position, if he is a capable workman. I am sure if your love is mutual he will be quite willing to take chances with the foreman's displeasure, rather than have you encourage the latter also.

2. Best leave the hair alone, and in time it will grow out its natural color, 3. It will bleach and make superfluous hair less perceptible, but if used to freely and continuously it is apt to dry the skin.

4. No.

5. Rub cocoa butter or olive oil in at the roist with the tims of the fingers, is the comes after.

The Mealy Bugs.

Dear Miss Grey: 1. Will you kindly struct me how to care for a sword-fern.? It becomes covered with little has been paying attention to me for some time, but I do not like him. B honor and the bri

ous hair less perceptible, but if used too freely and continuously it is apt to dry the skin.

4. No.

5. Rub cocoa butter or olive oil in at the roots with the tips of the fingers, night and morning.

6. Belladonna is a medicine used by eye-specialists in treating the eyes. Mercolated wax is a patent preparation which may be purchased at a drug store.

Blue Eyes.

Dear Miss Grey: 1. Is cold cream good for the face and hands? Does it make hair grow?

2. What is a nice way to end a letter to a friend.

BLUE EYES.

A.—1. If a good quality is used and in moderation, it is not harmful.

2. Yours affectionately. Your loving friend.

which I know nothing.

The Mealy Bugs.

Dear Miss Grey: 1. Will you kindly instruct me how to care for a sword-fern? It becomes covered with little yellow spots that resemble bugs: the leaves will die and fall off.

2. How to prevent windows from freezing.

YOUNG WIFE.

A.—1. I think the yellow spots are in reality a little bug called the mealy bug. The best way to get rid of them is to carefully go over the plant and remove each bug with a toothpick. It is tedious, but pays in the end. Shower the plant afterwards with clear water. Keep the atmosphere in the room and water liberally.

2. Rub with a cloth moistened with a flooh. Then polish with a fresh cloth.

Roast.

STOMACH TIED IN KNOTS

Awful Suffering of New Jersey

Woman-Lasted Five Years.

PAPER BAG COOKERY 11 hour and 20 minutes; fifteen-pound 2 hours and 15 minutes; twenty-pound Filleted Devilled Kipper en Toast.

Fillet the kipper in the usual way. Butter some toast. Place fillet on top. and cut to any shape you may fancy. Put a little grated cheese, cayenne pepper or black pepper, a pinch of bread crumbs and a little butter. Put in the paper bag and place on grid, Allow five minutes in a very hot oven. Veal, mutton or pork can be cooked in the same way as beef. If a thick gravy is required roll the joint in flour before placing it in the paper bag. Allow the same time as for beef. Venison—Trim the joint of all skin and nerves. Roll in flour, cover the loint with fat ham become or drinning joint with fat ham, bacon or dripping Well season, according to taste, add Sirloins, Ribs, or Round of Beef-

Well grease with dripping, but this is not absolutely necessary. Put the joint in a bag. Do not season the joint before cooking. Put the joint on a grid in a moderate oven. For a three-pound joint allow 45 Monograms for Embroidery



When you don't want your break-fast your stomach is out of order. Stomach trouble is either caused by weakened rundown system, or will certainly be followed by that condi-Our new Monogram Stenciss enable you to do your own marking. If you are not interested in this kind of work, your friends may be. The Stencis

JEWELER, 170 DUNDAS ST., London, Ont. 58tf

JOHNSTONES Annual Clearing Sale

one dollar's worth of fall goods, in Hats, Feathers, Wings, Mounts, Flowers and Ostrich

Everybody knows the high-class of goods that is sold at Johnstones'. There are no finer Hats in the trade, with correct style, than Johnstones' Hats.

LOT 1

Contains all the high-class Dress Hats, will be onethird off.

LOT 2 All our Tailored Hats and Bonnets will be half

LOT 3

All Felt Shapes, including Velours and Velvet Shapes, will be half price.

LOT 6

All Flowers half price.

LOT 4

All Beavers, in white and colors will be one third off.

LOT 7

LOT 5

All wings and Fancy Mounts will be half price

All Ostrich Feathers including our handsom Willow Feathers, in black white, coral and king' blue, will be one-third of

LOT 8

All our Fur and Mourn ing Hats will be one third off.

LOT 9

All Ribbons, Veilings and Fancy Trimmings will be one-third off.

Many handsome and useful Christmas presents may be selected from the above. Let us

Johnstones' Hat Shop

Buy PURITY the high-class flour

and do your duty to your cooking-ability

A/ITHOUT a highclass flour like PURITY you cannot do your duty to your cooking-ability.

A cheaper, weaker, ordinary flour cramps and puts a limit on your effi-

On the other hand, PUR-ITY FLOUR broadens your scope; provides you with unlimited opportunities to do ample justice to the cooking-ability of which you are so

PURITY FLOUR re- And such golden-brown because it costs us more of the cook. It yields cakes, such buns, and

ciency.

rightly proud.

the daintiest and most delicate cakes. And pies so creamy, so delicious, your husband will vote you a wonder.

PURITY FLOUR

sponds nobly to the skill biscuits, such griddle to make. But it's worth

such bread you have never before succeeded in making, no matter how earnestly you've tried.

And the reason is not hard to discover. PUR-ITY FLOUR consists exclusively of the highgrade portions of the best Western hard wheat ber-

Unlike ordinary flour, PURITY FLOUR contains no low-grade portions, nor is it weakened by mixing soft wheat flour with it.

PURITY FLOUR will cost you slightly more,

"More bread and better bread"

Reminder: Because of the extra strength and extra quality of PURITY FLOUR it requires more shortening when making pastry and more water when making bread.

Add PURITY FLOUR to your

Western Canada Flour Mills Company, Limited, Phone 795, Care of Central Storage and Exchange Company, 334-336 Clarence Street.

minutes and 7 minutes; seven-pound, two glasses of port wine, if desired. Seal joint in bag. Allow plenty of space in the oven. Allow, for joint of three pounds, 14 hours; seven pounds, 24 hours; fourteen or fifteen pounds, 4 hours. This must be cooked in a mederate oven.

How to Clean a Turkey

These directions will do for either a turkey, chicken or guinea hen. After the fowl has been picked hold it over a burning gas jet, or aver a little burning alcohol, and carefully singed. After it is singed, put into a pan of cold water, wash and scrub thoroughly, then rinse in clear water and dry. To remove the feet, carefully stops coughs, cures celes, heals cut the sale and loosen the edge of the table, and loosen the sinews. Grasp the upper part of the leg, hold it firm; with all will come out at once. Care must all will come out a one. Care must all will come out to remove the gall sack, at little, then give a quick jerk and the skin back and carefully remove the crop; when the crop is loosened so that you can take it out in your hand, cut away the oil sack from take it out in your hand, cut away the top of the table, all will come out at once. Care must be taken not to remove the left lobe of the siltent silt be transposed to remove at little burning alcohol, and carefully singed. After it is singed, put into a pan of cold water, wash and scrub thoroughly, then rinse in clear water and dry. To remove the feet, carefully stops coughs, cures celes, heals can be carefully stops and the burning alcohol, and carefully singed. After it is singed, put into a pan of cold water, wash and scrub thoroughly, then rinse in clear water and dry. To remove the feet, carefully stops coughs, cures celes, heals can be carefully stops and the wind public of the body.

GRANDUNION

GRANDU

FRIDAY, DEC

PACKYN DECISIO

Stock Yards La To Put Oppone in 20 Rou

CONFLICT W A VICIO Chicagoan Claimed His Hand, But at He Slowed

San Francisco, Nov. 30 Yards, won and lost to got the decision over " f fighting before 6,000 McFarland's victory

Yorker, whom 90 per ce

present expected him t was clean and left little argument. But the rai experts and fight follounanimous that as an Champion Wolgast that is more showed the hand his the twelfth round. A currion at the conclusion showed the hand to be but of this the public would after it had left the McFarland, if he rea hand, fought a wonderfully, on the other hand hibition of gameness a come back" rarely, see ling. was clean and left little

COULDN'T PUT
MURPHY AWAY.
During the early roun
fairly smothered the

fairly smothered the lighter with a dazzling panches from which it escape. Once he sent his back, but Tommy trice, apparently none wear. Time and again all but fought out of the laps of the newspapeared to be in great the well-defined punch coming to give him his McFarland opened cuply's eves and damage. McFarland opened cu phy's eyes and damage until it looked like an face of this constant, r Easterner fought back and made a better show two rounds than did Mc For twelve rounds th one-sided. Then McFar

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Diamond (stones, pl Solid 10k G s one dia Special pr

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