

Your Very First Baking

With Beaver Flour, will show you the difference between this perfect blended wheat flour—and the usual western spring wheat flours.

The light, flaky Pie Crusts, Cookies and Doughnuts—the delicious, “amey” nutlike flavor of the Bread and Rolls—will be doubly welcome after the tough, almost tasteless bread made with western spring wheat flour.

BEAVER FLOUR

MILLED OF BLENDED WHEAT

Is the choicest Ontario fall wheat, strengthened with western spring wheat; and is equally good for bread and pastry. Order a trial barrel today.

DEALERS—write us for prices on Feed Coarse Grains and Cereals. 207 THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.



WRIGLEY'S

The Greatest Name In Goody-Land



MADE IN CANADA

SEALED TIGHT—KEPT RIGHT

The Flavour Lasts

Call and Secure From Us Some Choice

Fillets	25c per. lb
Haddie	15c “ “
Halibut	25c “ “
Fresh Steak Cod	12c “ “
Kippers	70c “ doz

We make a specialty of A. No. 1 Sausage, and once tried always used. We also carry a complete stock of Groceries

LeROY WHITE

NEW YEAR RESOLUTIONS

How monotonous it would be if there were no ending or beginning to the years. If time rolled on and on with no milestones to count off the days, weeks, and months which make the year, how we would miss the “grand round up” when December makes her exit. “The door is shut. The shadows of the old year fade dimly o’er the hill.

As past the threshold the New Year with a smile is standing still. He sees the dusty hallway, the rumpled cushions tossed, He hears the dying echoes of varied purpose crossed.”

January the first marks the beginning of a new period of time and very general are the greetings of good cheer for the New Year. There is something so cheery and hopeful in the “Happy New Year to You.” It makes us resolve that we will try to make it a happy “new one” indeed, that we will do less grumbling—a terrible habit that the most of us have a touch of; that we will be more charitable to our fellow men, more given to expressions of love and sympathy and less to unkindly criticisms, and if luck does seem against us and things go hard, we will endeavor to keep a stout heart.

“Do not look for clouds and shadows, Watch for the sun shine day by day, Let your tone be full of courage Scatter gladness on the way, Up and down the teeming present Learn the dear and precious art, How to meet both hopes and mishaps Ever with a cheery heart.”

Saying good-bye to the old year and welcoming the new year makes it easy to form resolutions. Many do not believe in these resolves. They say they are only made to be quickly broken. Be that as it may, 'tis better to have even a transient ambition to mend matters than to go on with no hope or desire to improve. But to people who think truly and feel keenly the opening of another year which bespeaks an opportunity for greater diligence in all lines of mental and physical employment. Let us look back on the past year and say with Whittier:

“Rich gift of God, A year of time.”
And as we face the new year let us do so with the query:
“New Year, what have you brought us. Gifts for good or ill?”
“Take your choice,” he answers.
“Be it as you will.”
“Tomorrow’s horn with patience Benisons impart.
But there are no blessings For a thankless heart.”

Again, there is an historic dignity about the opening of another year, that awakens the hopes and inspirations. It is a pause in the passage of time, which arrests our attention.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try it! Hair gets soft, fluffy and beautiful—Get a small bottle of Danderine.

If you care for heavy hair that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a small bottle of Knowlton's Danderine from any drug store and just try it.

MINARD'S "KING OF PAIN" LINIMENT

Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBURCK:

The Rectory, Yarmouth, N.S.

Dear Mother:—

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,

Rob.

Manufactured by the

Minard's Liniment Co. Ltd.

Yarmouth, N.S.

that they do not believe in making and reveals opportunities either neglected or unthought of.

As I have said before, many say New Year resolutions. They may be mostly true and yet the very thought or desire on our part to wish to do better, shows we have a conscience not dead to improvement. Do you know, ladies, the resolve I would like us all to make, one possible to each, can we not resolve to take more real enjoyment from living. Think what this would mean to ourselves and to those around us, to be cheerful and happy. Not to go seeking pleasure but to find pleasure in the path we tread every day.

It does seem to me that we fail to taste the sweet of this life because our conception of what constitutes real happiness is distorted and unreal. We are looking above and beyond for something great and fall to see the lovely flower we crush under our feet. Oh, for the art of enjoying common place things! Oh, for the mind of John Ruskin. Ever capable of seeing the beautiful in every day surroundings.

Let us resolve to take delight in what may seem the trivial things of the passing day; the beautiful blue of the sky, or the soft gray of the winter clouds; the wonderful symmetry and variety of form of the delicate snow flakes as they fall to the ground; the chick-a-dee chirping his merry chirp in the apple tree; the kitten running around after its tail on the kitchen floor; the man running down the road after his hat which ever eludes his grasp; the prattle of ten children; the cackle of the hens; the good dinner we have today or the better one looked for tomorrow.

How blessed is the person who can see the funny side as well as the sunny side of life. We can cultivate this habit if we will. Then let us resolve to be happy and bright, to have a smile as well as a nod for the passer by, a loving as well as encouraging word as well as thoughtful deed for the dear ones of the home circle. How often it seems easier to do a kindness than to say a kind word. But above all we must try to wear a smile as much as possible. How often a pleasant smile means success to a young man or a young woman. Some say it costs nothing, but we know better. It is not an easy matter to smile when one is tired, sick, or disappointed. Nevertheless I believe it pays to screw our courage to the “smiling” point.

“You may as well keep smiling For there ain't no sense in rilin' An' a longin' too intense; For most things worth the gettin' Are sure to find their place When you're peaceful and a sittin' With a smile upon your face.”

Then again I think the New Year generally brings what the old year promised, though there is a surprise ahead of us all along life's way. As a rule most people find that the New Year chases its way and events from the record of the year gone by. Life is really a progress, not a number of disconnected happenings. So we find both those that believe and those who scoff at New Year resolutions. Yet, a great majority it is safe to say, consider resolutions a help and while the happenings of the old are still warm in our thoughts, we are better able to decide upon the moulding of the next twelve months.

In view of these things we look forward to at least the achievements of part of our plans and some things over which we have no control will be accomplished. And in what we can't control, we are responsible only for the way we meet them. Resolutions start up on the New Year with at least a goal ahead of us and we may be put off the road many times after having started and sometimes, when we may think ourselves farthest from our goal we find ourselves standing, joyfully, just where we would be, led there unawares over the patiently trodden, unchosen, round-about road.

It is not all our choosing and our willing that fulfills our New Year resolutions.

In eping I would say with the poet:—

“Fresh courage gives the New Year To all who drinks his health In waters of his bottling That stand upon his shelf. His wine of gladness glistens And drives away all care, So drink ye of the nectar And health to our New Year.”

If cut apples are placed in salt water for a few minutes they will not turn brown.

Pears baked and topped with raisins and marshmallow whip makes an excellent dessert.

“Flu” OR “Influ”

—as Influenza is commonly known—is a serious malady. Its warning symptoms in the form of the sudden chill—the feverish cold—the aching head and throat—may frequently be stopped short in their first stages or virtually rendered harmless by the prompt use of

Johnson's ANODYNE Liniment

—a doctor's famous prescription that has over 100 years of splendid success to its credit. There is nothing so valuable as this ever reliable old family remedy for Coughs, Colds, Grippe, Sore Throat, Cramps, Chills, Bronchitis, Tonsillitis, Sprains, Strains and various other internal and external ills. For more than a century this wonderfully soothing, healing, pain stopping anodyne has proved a blessing to humanity—a safeguard against dangerous developments from many common troubles.

Use only three level tea-spoonfuls for five cups

RED ROSE TEA is good tea

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Eat Plenty of Good Bread It Strengthens, Sustains and Nourishes, and is the most economical food you can buy

Bake your Bread from **PURITY FLOUR**

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You Just Try NR For That Indigestion

Get your organs of digestion, assimilation and elimination working in harmony and watch your trouble disappear. NR does it or money back.

One Day's Test Proves NR Best

The stomach only partly digests the food we eat. The process is finished in the intestines where the food is mixed with bile from the liver.

It must be plain to any sensible person who realizes that the stomach, liver and bowels must work in harmony if digestion is to be successful. This fact also explains why so many suffer from indigestion, flatulence, gas, heartburn, acid eructations, aches, bloatedness and constipation.

If you are one of the many unfortunate persons who cannot eat without suffering afterward, if you are constipated, have bilious spots, headaches, coated tongue, bad breath, variable appetite, are nervous, losing energy and feel your health slipping away, take this advice and get a box of Nature's Remedy (NR Tablets) at once and start taking it. Give it a trial for a week or two and just see how quickly your sluggish bowels will become as regular as clock work, how your coated tongue clears up and your good, old-time appetite returns. See how splendidly your food will digest and how your energy, “zip” and “zinger” revive.

You take no risk whatever for Nature's Remedy (NR Tablets) is only one box, enough to last twenty-five days, and it must help and benefit you to your entire satisfaction, or money returned.

Five million boxes are used every year—one million NR Tablets are taken by ailing people every day—that's the best proof of its merit. Nature's Remedy is the best and safest thing you can take for biliousness, constipation, indigestion, and similar complaints. It is sold, guaranteed and recommended by your druggist.

DICKISON & TROY Newcastle, N. B.

NR Tonight—Tomorrow Feel Right! Get a 25 Box