

ROYAL YEAST CAKES

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing, home made bread. Do not experiment, there is nothing just as good.

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TORONTO, ONT.
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BLIND BILLIARDISTS

P.P.C.L.I. Veteran Plays a Good Game.

Sergt. Shawl, of the Princess Pats, a blinded Canadian soldier, played a billiard match in London lately against a man who saw, and scored 62 points in one hour and forty minutes.

The sergeant lost his sight in the second battle of Ypres and is now a student in St. Dunstan's Hostel for the Blind in Regents Park, London, where he is taking re-educational courses to fit him for civil life.

Sports and all phases of activity are adapted for the men who do not see, but must develop their remaining faculties to take the place of sight. The degree to which these faculties can be developed is proving marvelous.

Minard's Liniment Cures Garget in Cows.

CITY OF THE FUTURE.

Vision of Change That May Come Through Motorcar.

Segregation of traffic was practically unknown before 1900. When the motorcar came it was obvious enough that the eight-mile-an-hour truck and the twenty-mile-an-hour pleasure car could not simultaneously run on the same densely packed avenue.

Moreover, trucks are increasing in weight so that ordinary pavements cannot support the heaviest that can be built. It is very evident that the city must provide one type of street for the fast pleasure car and still another for the heavier, slower truck.

MOTHERHOOD WOMAN'S JOY

Suggestions to Childless Women.

Among the virtues of Lydia E. Pinkham's Vegetable Compound is the ability to correct sterility in the cases of many women. This fact is well established as evidenced by the following letter and hundreds of others we have published in these columns.



Improved and I am now the mother of a fine baby girl and do all my own house work. Mrs. ALMA B. TIMMONS, 216 Almond St., Poplar Bluff, Mo.

to show that this is the tendency of thought among municipal engineers. It becomes safe to prophesy that the city of the future will provide highways for its heavy motor trucks deep in the ground. Swift passenger motors will speed along in the sunshine unobstructed and undelayed.

So the city of the future, the city that the motorcar will bring into being, will be pleasantly different from that compact aggregation of towering office buildings and dwellings painted by romancers. It will be an open, sunny city, its outskirts thirty miles from its commercial centre; its suburbs, if suburbs they can be called, sixty or a hundred miles distant and easily reached by trains perhaps twice as fast as those which now convey us to our work. There will be no slums in that motor city, for slums are created by high land values, which cannot be levelled so long as this is a horse-ruled world.

While this action has been taken in order to render available to the farmer all supplies of bran and shorts at the lowest possible cost, the amount obtainable is very limited, and farmers must depend mainly upon their feeding stuffs. Prices for live stock are such that, despite the high cost of coarse grains, it is profitable to feed them to food animals.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much.

CARVED JADE.

It Takes Chinese Patience to Work This Hard Oriental Stone.

When you go into an oriental shop in any big city you are almost sure to see rings or necklaces or bracelets which are pretty, clear green in color and are made out of jade.

You, of course, know that a diamond is so hard that it will scratch glass, but perhaps you have not heard that jade is also extremely tough and will cut glass and quartz.

The Chinese make numberless articles out of jade—paper weights, handles for swords, belts, bangles, rings, vases, cups, plates, pendants and so on.

Minard's Liniment Cures Colds, Etc.

THE SUPPLY OF FEEDING STUFFS

Food Control Warns of Great Shortage

And Advises as to Course to Pursue.

In order to prevent retail dealers taking advantage of the scarcity of bran and shorts to exact excessive profits over the prices fixed by the Food Controller, the latter has ordered that the retail price of bran and shorts, where such is paid, must not exceed by more than ten cents per cask the cost f. o. b. track at the dealer's station.

REOPATH'S GRANULATED SUGAR \$6.50 CWT.

Men wanted everywhere, no matter how large the city or how small the village, to show samples for large Grocery Corporation (capital \$50,000,000). All goods sold at factory prices to the consumer.

THE CONSUMERS ASSOCIATION, - - - WINDSOR, ONT.

effect, the miller must not charge more than the fixed Fort William bulk prices, plus or minus freight to or from Fort William, and in addition \$2 per ton as retail charge. For example, suppose that at a point in Eastern Canada the freight from Fort William is \$4.20 per ton. In this case the selling price for bran per ton when the purchaser supplies the bags would be \$24.50, plus \$4.20, plus \$2, a total of \$30.70.

The present total daily production of bran and shorts by all the mills in Canada is only 84 cars, and the supplies of wheat will not enable even this rate of production to be maintained for the balance of the crop year.

This salt water seems to be found especially in oil fields, but it has been struck by the drill at many other places, as, for example, near Leavenworth, Kan., where enormous quantities of salt water are found at various depths below the surface.

When cooking apples add a pinch of salt. This makes them tender and improves the flavor. A pinch of sugar dropped into the tea when it is set to steep will cause the leaves to open in about half the time.

LIVING IN JAPAN.

Hard Work for the Middle Classes to Make Both Ends Meet.

Dr. Takata, Japanese minister of education, has recently published a book concerning economic conditions in Japan. The pinch comes harder upon the middle classes than upon the lower classes since the former must not only live, but must keep up a respectable appearance on salaries no greater than those that men who work at trades receive.

RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without any one's assistance, you can apply the best of all treatments.

PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

THE FOOD PROBLEM 1918.

To eat, or not to eat; that is the question; whether 'tis nobler for each one to suffer. The lungs and tortures of outrageous hunger. Or to take arms against a sea of submarines. And by devices sink them? To fast; to eat; no more; and by a fast to say we end The heart-burn and the thousand natural pains.

ONE TOUCH OF PUTNAM'S STOPS CORN SORENESS

No need to walk on the edge of your soles to save a sore corn—Putnam's brings instant relief. Apply it to a tender corn, and watch that corn shrivel and dry up. Absolutely painless. No matter how tough the corn is, you can peel it right off by using Putnam's Painless Corn Extractor.

A NAVAL SECRET.

How England Cloaked the Building of a New Type of Cruiser.

In Europe extraordinary precautions are taken by all the great powers to mask their military plans, and constant efforts are made to ferret out the military designs of opposing governments. Admiral William S. Simes of the United States navy threw an interesting sidelight on this phase of preparedness when testifying before the house committee.

Cause of Early Old Age

The celebrated Dr. Michiehoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15c-30c drops of "Seigel's Syrup" after meals makes your stomach sound, so

—she would thus be away ahead for a long time.

"She laid down three of those vessels. In the estimates they were called armored cruisers, and everybody in the world supposed that simply three more armored cruisers would come out, with ordinary guns, which are 9.2 inch, etc. They were going to mount on these vessels eight twelve-inch guns apiece, and they were going to give them a higher speed."

"You can conceal the speed, of course, while the vessel is building, but it was wholly impossible to conceal the fact that they were building twenty-four twelve-inch guns that could not otherwise be accounted for. Great Britain did not want other nations to know that these were going to be carried by these three cruisers. So they induced Turkey to sign a contract for those guns, and a certain foreign attaché in London paid not less than £14,000, or \$70,000, to officials of the companies to get to look at the blue books and assure himself that the guns were being built for Turkey. Of course they pestered Turkey to find out what she wanted with twenty-four twelve-inch guns, but in the meantime the vessels were completed and the guns mounted before foreign nations knew that a radically new type of vessel was in existence.

Worth Remembering.

Minard's Liniment Cures Distemper.

When cooking apples add a pinch of salt. This makes them tender and improves the flavor.

A pinch of sugar dropped into the tea when it is set to steep will cause the leaves to open in about half the time.

It pays to keep cheap white dishes to use in the refrigerator.

You can save and use again benzine or gasoline you have used for cleaning. Simply put it in a glass jar and let it settle and pour off the top.

Sift the baby's oatmeal through a flour sifter and it will be much smoother and more satisfactory.

When whipping cream try adding strained honey instead of sugar. It not only gives the cream a delightful flavor but it causes it to remain firm much longer.

Grease the cup with which you measure molasses and every drop of molasses will come out.

Every bathroom should have a clock in it as a gentle reminder to each occupant not to waste time.

If flames have become yellow with age, 1-2 pounds of white soap powder should be dissolved in 12 gallons of soft water, to which should be added 2-3 ounces of spirits of ammonia.

Place articles in this solution, stir well for a short time and then wash in pure water.

To clean the inside of a water bottle or any glass that is too small to insert the hand into, put into the bottle a quantity of tea leaves, pour in about one-third of a cupful of vinegar, shake well, empty and rinse with cold water.

DR. TAKATA'S PAINLESS CORN EXTRACTOR

Dr. Takata, Japanese minister of education, has recently published a book concerning economic conditions in Japan. The pinch comes harder upon the middle classes than upon the lower classes since the former must not only live, but must keep up a respectable appearance on salaries no greater than those that men who work at trades receive.

THE GERMAN SOLDIER'S PRAYER.

The German soldier fell upon his knees and prayed; and as he prayed, his words were these: "O God, our unconditional ally, ruler and keeper, who from on high 'viewest with delight the progress of our arms. The ruined villages and wasted farms, the starving people we have taught to hate. Children we murder, girls we violate, bless this poor instrument of thy great will; O Heavenly Kaiser, teach me how to kill! 'If I have faltered, with too little zeal have torn the baby from its mother's breast, 'Or spared a wounded captive, pardon, Lord! Soon by Thy grace my strength has been restored, 'And I have helped to praise Thy hold name. Once more with poisoned shells and gas and flame, 'Great God, who lovest all things German, see, I would not hide my inmost thoughts from Thee. 'There have been times, at Verdun, Lens, Cambrai, when thou hast veiled Thy purposes. I pray 'Thou wilt make clear Thy will to Haig and Byng; 'When thy angels done of late seem blaspheming, 'But let me not complain: Thou knowest best, 'Thou, last of our great allies, self-confessed— 'Each in his turn our chosen kinsman— 'The Turk, the Bulgarian, and now Thee, O God! 'The soldier's prayer. And did God hear his prayer, 'No one can tell; the Kaiser was not there."

DR. SHELDON, NOW

Complains of Booze and Vice in Britain.

New York, Jan. 28.—An Associated Press despatch from Topka, Kas., says: Intoxicating liquor is sold freely to American soldiers in Great Britain, according to Dr. Chas. M. Sheldon, who has just returned from England, where he has been assisting in a prohibition movement. Sunday he made a report of his work to his congregation.

Dr. Sheldon charged that vice is prevalent in the vicinity of the concentration camps, and asserts that many Canadian soldiers have been sent home incapacitated for service because of drink and vice.

"It is the duty of every American citizen," Dr. Sheldon said, "to demand of his Government that these conditions be eliminated."

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