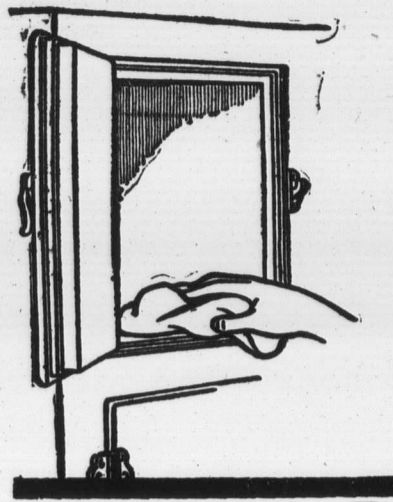




A sanitary ice box prevents many illnesses—keep yours sanitary with Old Dutch



THE SALAD BOWL.

Interesting Discussion About This Health Giving Entree.

Salads are capable of infinite variety, so when fish and cheese fall vegetables which approach animal foods in nutrition may be served, and either the oil in the dressing or the fat in the cream or melted butter of a boiled dressing may be depended upon to supply the necessary oil. Try a bean salad. A pound of this vegetable contains as much protein as is found in half a pound of lamb chops or half a dozen eggs.

French dressing make a hearty and tasty salad. A fruit salad has the advantage of being very healthful, for nearly all fruits hold acids and salts in solution which are cooling to the blood, and there are so many fruits available that none needs to become tiresome. Pears as a salad, once tried, will appear often this way: Peel large pears, halve them, remove the cores and drop them into cold water in which is a table-spoonful of vinegar to keep them white. Fill the core cavity with either grated cheese or cream cheese balls and serve on lettuce with French dressing.

ANOTHER VERSION. (From Sydney Bulletin.) I didn't raise my boy to be a soldier, I want another's boy to fight for me; I'd rather know another's heart is bleeding.

ANTIQUES IN FURNITURE POTTERY, GLASS AS Wedding Gifts FIVE CENTURY OLD TUDOR STYLES AND ONE CENTURY OLD GLASS DECORATIONS RESUCITATED. ROBERT JUNOR 62 King St. East HAMILTON, - - - ONT.

FROM THE ORIENT TO YOUR TABLE Every sealed packet of SALADA TEA is filled with fresh, young leaves of surpassing fragrance. 'SALADA' B 193 SEALED PACKETS ONLY. BLACK, MIXED OR GREEN.

Ye know on earth, and all ye need to know. The lecturer said, "These lines are very noteworthy, but although Keats could see so important a 'message' in a vase, he doubtless had only form and design in his mind, and gave no thought to the material itself. In his day little was to be said of this, the 'scientific brain' had scarce attempted to imperlex its secrets; meanwhile knowledge is grown apace, and the story to be told of mere clay, unworked, unformed, unbaked, scarce digged from the bowels of the harmless earth, is now of transcendent interest; and yet so backward is our civilization few of us know this."

HELP WANTED. WANTED—COMPETENT MAID-GENERAL. Family of three. Good wages. State age and experience. Address, P. O. Box 6, Hamilton, Ont. GIRLS WILLING TO WORK ON British Army Orders, knitted underwear. Seamers, plain stitchers and learners. Bright, healthy employment. Good wages. Zimmerman Mfg. Co., Ltd., 260 Queen and Garth streets, Hamilton, Ont.

SAVE MONEY ON ROOFING. Get my prices direct from mill to you. I have Roofing for every purpose. Samples Free. Address, HALLIDAY CO., Limited BOX 61, HAMILTON, CANADA.

Posthumous Influence. The relations between man and man cease not with life. The dead leave behind them their memory, their example and the effects of their actions. Their influence still abides with us; their names and character dwell in our thoughts and hearts; we live and commune with them in their writings; we enjoy the benefits of their labors; our institutions have been founded by them; we are surrounded by the works of the dead; our knowledge and our arts are the fruits of their toil; our minds have been formed by their instructions; we are most intimately connected with them by a thousand dependencies. Those whom we have loved in life are still objects of our deepest and holiest affections. Their power over us remains.—Andrews Norton.

You will like its Fine Granulation Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it. Lantic Sugar comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities. 'The All-Purpose Sugar'

POVERTY IN EGYPT. It Often Drives Parents to Sell Their Children as Slaves. In the whole land of Egypt there are now only two cities, Alexandria and Cairo. Yet once Egypt was the grandest country of the world, having as many as 200 cities, but these have been all long swept away or covered with the sand of the desert.

The fellahs of upper Egypt are very numerous, but they are all very poor. Their houses are mud huts, used only to sleep in, as they are in the open air most of the day. Their food consists chiefly of vegetables, which they eat uncooked, such as maize, melons, gourds, beans lentils and dates; those that have a cow can get milk, and all can get fish. Meat they seldom taste, and their bread is only a half baked paste of bruised maize or millet. Rice is too dear for them. One luxury, however, all the men—and women, too—manage to get whatever else they go without—that is, the ever present long wooden tobacco pipe, smoking.

2 IN 1 SHOE POLISHES. Contain no acid and thus keep the leather soft, protecting it against cracking. They combine liquid and paste in a paste form and require only half the effort for a brilliant lasting shine. Easy to use for all the family—children and adults. Shine your shoes at home and keep them neat. BLACK-WHITE-TAN 10c KEEP YOUR SHOES NEAT

THEY WERE SPIES. French Woman Who Suspected Them Did Country a Service. "Here is a Paris spy story," says an Englishman, "for every particular of which I can vouch. A Parisian petite bourgeoisie, who, being half a Lorrainer, knows German, was travelling in the tub. In the same carriage were two men in the uniform of British officers. They spoke in a low voice to one another. She does not know English, and though they might be speaking English, but she understood the French."

Minard's Liniment Co., Limited. Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT warmed on flannels and applied to my breast, cured me completely. C. H. COSSABOOM, Rossway, Digby Co., N.S.

ANTIQUES. None of the industrial arts of our age have been so dependent for their inception and development in their every phase and feature upon the antique models preserved in our public museums and private collections as have those embraced in the craft of pottery making.

'Nerviline' Cures Cramps Ends Misery Instantly. NO REMEDY SO SPEEDY OR EFFICIENT.

A real cramp cure? Yes, a real one—in a twinkling the cramp is a dead one, and the last squirm is over, once you get a stiff dose of Nerviline on the inside. This isn't mere talk—it's a solid, truthful fact. No other remedy—not a single one—will cure cramps so quickly and harmlessly as Nerviline. It hits the spot in a jiffy and saves a heap of misery.

What He Got Them For. Among some skaters was a boy so small and so evidently a beginner that his frequent mishaps awakened the pity of a tender-hearted, if not wise, spectator. "Why, sonny, you are getting all bumped up," she said. "I wouldn't stay on the ice and keep falling down so; I'd just come off and watch the others."

G. L. MCBROWN PRAISES "ANZACS". On April 24th the Pall Mall Gazette of London, England, contained many views of the celebration of Anzac Day at Westminster Abbey commemorating the landing of troops from Australia and New Zealand on the Gallipoli Peninsula, which occurred on April 25, 1916. Among them appeared the following glowing tribute paid by Mr. George McL. Brown, European manager of the C.P.R.

MONEY STONES OF YAP. Nature of the Island Do Not Carry Change in Their Pockets.

Propped up against the house of the native chief of Yap, which is one of the Caroline islands lying southeast of the Philippines, may be seen a row of "money stones," the current coin of the island. In shape these stones are like millstones, but they do not roll. They serve simply as a parade of the wealth of the village. Their value lies solely in the difficulty with which they are obtained.

COMPLETE EVIDENCE. Over in the college city of Berkeley one morning Perkins looked over his fence and said to his neighbor: "What are you burying there?" "That's just replanting some of my seeds, that's all," was the response. "Seeds!" exclaimed Perkins angrily. "It looks more like one of my hens." "That's all right, come from the man on the other side of the fence. 'The seeds are inside.'"

Don't Live in the Kitchen—Emancipate yourself from kitchen worry by learning the food value of Shredded Wheat Biscuit. You can prepare a most wholesome, nourishing meal in a few moments by heating a few Shredded Wheat Biscuits in the oven to restore crispness; then cover with berries and serve with milk or cream.

WANTED. Help for Woolen Mill—Carders, Weavers, Fullers and Napper Tenders. Good wages paid in all departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducement to family workers. Write, stating full experience, if any, age, etc., to The Slingsby Mfg. Co., Ltd., Brantford, Ont.

WANTED. Platen and Cylinder Press Feeders. Steady Work; Union Wages. APPLY TIMES JOB DEPARTMENT Hamilton, Ont.

FOR SALE. A HIGH BRED, SOUND BAY HACKNEY. Well broken, thoroughly reliable, a lady can drive; also complete outfit, including phaeton and runabout. Apply. J. M. EASTWOOD, Times Office, Hamilton.

Sore Absolutely Painless Corns Go! No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting overnight. Never fails—leaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

Minard's Liniment Cures Diphtheria. JUST IN TIME. (New York Evening Times) Blinker—I woke up last night with the feeling that my new gold watch was gone. The impression was so strong that I got up to look. Jinker—Well, it is gone? Blinker—No, but it was going.

