THE SALAD BOWL.

#### Interesting Discussion About This Health Giving Entree.

Salads are capable of infinite variety, so when fish and cheese fail 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 th 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. Cool freshly boiled limas, also some rice (dried in the oven until the grains separate), salt slightly and mix them in equal quantities: fold in some stiff mayonnaise and serve very cold in lettuce cups. Peas and lentils, which are so rich in protein, are very desirable for salads in | "Won't you be very, very happy when place of meat. Cover two cupfuls of | your sentence is over?" cheerfully asked tein, are very desirable for salads in cold baked beans with French dressing and let stand a half hour; drain, sprinkle with half a teaspoonful of onion juice, mix with cream dressing, arrange on lettuce leaves and garnish arrange on lettuce leaves and garnish with parsley and hard cooked 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 tablespoonful 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. When mayonnaise is used with fruits leave out the mustard and pepper, put in a little sugar and use lemon instead of vinegar. In no case should a boiled acid dressing be used with fruit salad.

Minard's Liniment Cures Garget in

#### A CHANCE FOR THE CHAPLAIN.

(The Chiristian Herald)

Would you speak of the paper a Lentils combined with onions, peppers bottle of whiskey comes in as spirit and parsley and served on cress with I wrappings?

51bs. Pure Cane

antic

Sugar

## 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.

In these two cities. Alexandria and Cairo, all the principal people of Egypt reside, while in the country districts up the Nile there are no towns and hardly any villages, but only scattered settlements of peasants, who are cailed fellahs or fellahin.

These fellahs, though of the same Arab race and religion as the people of Cairo, are very different in most other ways. Instead of the turban, the flowing robe and the gay slippers, which

ZIN

SHOE POLISHES

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, toomanage to get whatever else they go without—that is, the ever present long wooden tobacco pipe, smoking.

The poverty of many fellahs is so great that a family of children is often a great burden to the parents. Many cases yearly occur of parents selling their children as slaves to escape from the expense of their support

A parent will sometimes make a long journey to Cairo to get rid of his young children. Some time ago a woman brought to a rich lady of that city an the men of the city wear, we see only infant, which she said she found at the a half clad figure with matted hair and door of the mosque. The lady said she skin blackened by the sun; instead of would take the child and adopt it and the veiled lady in a robe of silk, here handed the woman a small sum as a is a poor woman with naked feet in reward for her trouble in bringing the a dress woven of grass. One thing, child. The woman refused the offer however, both use in common-a blushed and withdrew. She was the child's own mother.

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 views of the celebration of Anzac Day antique models preserved in our public museums and private collections as have those embraced in the craft of

field of Industrial art? The museums of form, decoration and purpose. Is the recent announcement that china clay has been found in Canada a 'message" to us?

A few years ago the writer of these notes listened to an address delivered by the professor of chemistry from a technical college upon "The Message of Pottery." After quoting the concluding lines of a poem by Keats on "A Greek Urn":

"O Attic shape! -

waste.

Than ours, a friend to man, to whom thou sayest, Beauty is truth, truth beauty

#### 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 bleed-

That I may live in sweet security;
I don't care if my neighbor sends a dozen.

Provided of my brood there isn't one Who goes to face the shrapnel for his mather.

mother— a soldier in my son.

And if the foe should level our defences, And pour their spoilers in our little town,
And give the houses up to fire and pil-With no respect to babe or woman's

gown; When I am rudely handled by the butchers,
And shrieks announce "The ravishing's begun,"

My boy can lie concealed within a garret— I'd never seek protection from my son.

But if the troops again return trium-With victory like an eagle on their I'll sing in joy (and he will sing beside me):
"We didn't do our duty with the rest!"
We share, of course, the freedom they have gained us,
And glad are we of all the boys have

won, But as to risking him—Oh, no! my I didn't raise a soldier in my son!

**FURNITURE** POTTERY, GLASS

## **Wedding Gifts**

FIVE CENTURY OLD TUDOR STYLES AND ONE CENTURY OLD GLASS DECORATION'S RESUSCITATED.

62 King St. East HAMILTON. - - ONT.

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 bourgeoise, who, being half a Lorrainer, bourgeoise, who, being half a Lorrainer, knows German, was travelling in the tube. 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 one or twice they spoke louder, and she thought what they said sounded remarkably like German. She noticed both men particularly, as both were striking looking and handsome.

At one station a fat, neavy man got out and trod on the toes of one of the presumably English officers. The officers are the presumable of the presumable of the presumable of the transition of the officers. out and trod on the toes of one of the presumably English officers. The officer ejaculated ah oath in unmistakable German. The French-woman was more and more interested. When the two "British" officers got out at a station near the Etoile a distance. They went into a small, low-class lodging-house near the Porte Maillot. She took note of the the Porte Maillot. She took note of the address and looked for a policeman. When she found one he washed his hands of the whole thing, and said he could have nothing to do with spies; she had better be to the nearest police commissary. She did so, and reported what she knew.

This was two months ago. She heard no more about it till the other day, when she received a letter from the French military authorities, signed by a high ofmilitary authorities, signed by a high official, and enclosing 3.000 francs with their best thanks. The letter said that, owing to the information she had given two leading spies, who had been going about disguised in the uniform of British officers, had been caught and dealt with. The little bourgeoise's pride at the service she had rendered and at the reward she received may be imagined. she received may be imagined

Don't believe all you see. It is almost as easy to blacken a man's character as to whitewash it.

#### 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 LINI-MENT warmed on flannels and applied to my breast, cured me com-

C. H. COSSABOOM. Rossway, Digby Co., N.S.

## **ANTIQUES**

pettery making.

In Canada about to enter this great of the world are open to us for motifs

When old age shall this generation

Thou shalt remain, in midst of other



BLACK, MIXED OR GREEN.

Ye know on earth, and all ye need Africa-wherever the British flag flies The lecturer said, "These lines are very noteworthy, but although weats forged new bonds to draw closer tocould see so important a 'message' in gether and make of us one people. As 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 rendered more universally recognized 'sciential brain' had scarce attempted to imperplex its secrets; meanwhile knowledge is grown apace, and the story to be told of mere clay, unworked, unformed, unbaked, scarce digged may roll between, we are all mother from the bowels of the harmless earth, is now of transcendent interest; and yet so backward is our civilization all-we die, we live.' few of us know this." "Clay, sand and limestone are met with all the world over: in fact they are the dominant WHAT HAPPENED. components of the crust of the globe on which we live. Little which is

entirely in clay remains. "We are working with Nature's materials, and we know what infinite variety she has made of them."

fundamental in chemistry remains to

'The history of the globe is still in

various forms of earth, and the early

history of mankind is recorded almost

he learnt when they are understood.

The announcement above referred to says: "China clay has been discovered in Canada." This "material" is identical with the "Koalin" of the Chinese, it is a chemical compound of silica and alumina. It is found in a state of partly decomposed granite. and the portion of the granite which yields the clay is the silica and alumina. The cause of the decomposition of the granite is not positively known, and geologists differ in their vi∈ws on the subject.

## "Nerviline" Cures Gramps Ends Misery Instantly

NO REMEDY SO SPEEDY OR EFFI CIENT.

A real cramp cure?

Yes, a real one—in a twinkling the

This isn't mere talk-it's a solid, ruthful fact. No other remedy-not a single one-will cure cramps so quickly and harmlessly as Nerviline. It hits the spot in a juffy and saves a

heap of misery. "Last Saturday night my stomach felt like an infernal machine," writes T. P. Granger from Hartford. "I was awakened from a sound sleep and found myself suffering the worst kind of torture. I was so doubled up I could hardly cross my room. I had used Nerviline before for the same thing and took a real good dose. Once I felt the warm, soothing sensation of Nerviline in my stomach I knew I

was all right. It finished the cramps -just one single dose." Sickness at night is rendered a nightmare of the past if Nerviline is handy. It may be earache, toothache

or cramps. Nerviline in every case will cure at once and save calling the doctor Nerviline is a family physician in itself. The large 50c family size bottle, of course, is most economical. Small trial size costs a quarter. All dealers sell Nerfviline.

#### 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

The tears of the last downfall were still rolling over the rosy cheeks, but the child looked from his adviser to the shining steel on his feet and ans-

"Is didn't get some new skates to

give up with; I got 'em to learn how with."-The Presbyterian.

Minard's Liniment Cures Distemper.

#### G. L. McBrown Praises "Anzacs"

On April 24th the Pall Mall Gazette of London, England, contained many 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.

"The solemn beauty of Westminster Abbey, which echoes with the story of our past, is a fitting shrine in which to commemorate the noble 'Anzac' dead. Not alone because of the valor, the fortitude and the sacrifice, are the memories of those lives laid down, precious to the Empire, but because they symbolize the high qualities which throughout centuries have gone to the building up of the British race. The courage and the chivalry of our forefathers lived again in those dauntless heroes of Gallipolia who have passed on undimmed the traditions of our history. And wherever those traditions are reverenced, in the United Kingdom, in their own homelands of Australia, New Zealand and Tasmania, in Canada, in South

there will be glorified those valiant men who strengthened the old, and a Canadian, I speak with certainty when I say that in no part of the Empire is the service the Anzacs have than in Canada. We feel that their splendid story is our pride and honor too, and that they have to bring home to us afresh the truth that though seas country, and daughter nations, one Empire; not each for us, but one for

# Minard's Liniment Cures Colds, Etc.

(Judge) "What happened to the nest-egg that Smithers set aside when he married?" "It hatched into alimony." (Browning's Magazine) "Did your new chauffeur fill the bill?"
"No. But he came near filling the

## WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired If you are troubled with weak, tired feelings, neadache, backache, bearing down sensations, biadder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, nervousness, desire to crv. palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial entirely free and postpaid, also references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by this method. Write to-day, Address: Mrs. M. Summers, Box & Windsor Ont.

MONEY STONES OF YAP.

#### Natives of the Island Do Not Carry Change in Their Pockets.

Propped up against the house of the In share these stones are like millstones, but they do no grinding. They serve simply as a parade of the yearth of the village. Their value lies solely in the difficulty with which they are obtained.

The yellowish granite of which they are made is found only in the island of Palao, 200 miles away, and when the monsoon favors forty or fifty natives veyage there in their cances After pacifying the king of Palao with presents the the works of hewing the walaka, or money stones, begins, lasting for months until the monsoon changes when the tollers start homeward with their "coin. The smallest of these stones is about a foot in diameter and three inches thick, with a round hole through its centre. It will buy food for a family for a month The large stones, about three feet in The large stones, about three feet in diameter and eight inches thick, have relatively much greater value, since it is more difficult to transport than in cranky canoes over such a long stretch of sea. Indemnities can be paid with such a stone or the aid of neutrals purchased in time of war.—William L. Cathcart in St. Nicholas.

#### COMPLETE EVIDENCE.

(Argonaut)

Over in the college city of Berkeley one morning Perkins looked over his fence and said to his neighbor: "What are you burying there?"
"I'm just replanting some of my seeds, that's all," was the response.
"Seeds!" exclaimed Perkins arreity.
"It looks more like one of my hens." "It looks more like one of my hens."
"That't all right," came from the man on the other 'side of the fence. "The seeds are inside."

# Absolutely

**Painless** OPNS No cutting, no plasters or pads to prothe sore; spot.
Putnam's Extractor makes the corn go without pain. Takes out the sting overnight. Never failsleaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

#### TO CANADA.

[Verses suggested by the proposal to light maple trees over the graves of Canadians who have fallen on the fields

Oh, land of gold and snow across the sea. Through every changing season of thy year
War reaps her harvest of thy chivalry,
And claims her victims of thy loved and dear .

They lie at rest, and there still rours Their narrow graves the cannon's deafening boom Yet o'er those mounds already creeps the moss,
And with the soft warm rains fair

With the long years to rise and pass away
Shall e-nblems of the land they loved
be born. In beauty burst, in fire shall end their

day, Each spring a glorious resurrection -Charlotte Pidgeon, in the Empire

#### 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, was it gone?

Bliker—No, but it was going.

The empty cans in which coco can be saved and used for spices. Label them plainly and keep

ISSUE NO. 24 1910

HELP WANTED

WANTED COMPETENT MAID G wages. State age and experience. dress, P. O. Box 65, Hamilton, Ont.

G IRLS WILLING TO WORK
British Army Orders, knitted unwear. Seamers, plain stitchers and leavers. Bright, healthy employment, G wages. Zimmerman Mfg. Co., I Aberdeen and Garth streets, Hamiliont.

WANTED - HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland". St. Catharines, Ontario.

WANTED-WEAVERS AND LEARN-ers-wages paid while learning experienced weavers earn high wages. For full particulars apply, The by Manufacturing Company, Limited Brantford, Ontario.

FEMALE HELP WANTED.

ADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time. Good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co.

MISCELLANEOUS.

WANTED-GIRLS OF GOOD EDUCA Wellandra Hospital, St. Catharines, Ont.

# Get my prices direct from mill to you. I have Roofings 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 sum abides with us; their names and character dwell in our thoughts and hearts; we live and commune with them in their writings; we enjpy the benefits of their labre; our institutions have been four led 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 leved in life are still objects of our deepest and holiest affections. Their power over us remains.— Andrews Norton.

When the cake in the oven is ready for a final browning, a newspaper tucked into the fire will do the work.

Help for Woollen Mill—Carders, Weavers Fullers and Napper Tenders. Good was Fullers and Napper Tenders. Good was es paid in all Departments, and stead work assured. We have several open-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.

Propped up against the house of the native chief of Yap, which is one of the Caroline island lying south ast of the Philippines, may be seen a row of "money stones," the current scin of the island. In share, these stones are like. 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.

#### Desert Gems.

In 1889 a hunter in the northwest of New South Wates wounded a kangaroo. The animal went off through the mulga and the salt bush at pace too fast for the hunter to follow and was soon out of sight. The hunter was a bushman and did not despair. He followed the blood trail. hopeful of a short search and & speedy bag. At one pint of the pursuit it may be that the trail grew faint and necessitated a closer inspection. Anyway the hunter stopped and picked up a piece of stone. This he examined. The red spot was not on it; it was in it. It was not blood that he saw. It was opal. Such was the beginning of the White Cliff's opal fields.

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.



**Pritain** Moul

Loss W

London Cable.-Tl Bureau announced to morial service will Kitchener at St. Pau this has not yet-beer An army order wa for all officers to v

memory of Lord 1 week, commencing In connection with information oi- i movements may ha to the Germans by esting to note that zette last night co placing new restrict gers landing at por Islands. Henceforth and at such ports permission of the m at Kirkwall. WHOLE KINGDO

Reports from all dom, from the bigg tiniest hamlets, refl painful sensation **Eit**chener tragedy. at half-mast every those who sent tele ence were the King quith. Public bod tions expreeing p which there as the determination war until a fak ra concluded. Tribut ener's life and wor ever people met. T sadors and Mini-is formal condolence voiced their apprec ener as a man, w the allied Governm logistic in his unti half of the Enten achievements in re The King, who

London, returned learning the news. dolence to Lord Mrs. Parker. Soc Premier Asquith 1 Sir William Rober Kitchener's privi George Arthur, t sent messages of of himself and 4 ener's family. Premier Asqu shocked by the n

his official connec War Secretary, h close personal fri Numerous tribu ner by ominer in the afternoon, bery said: "We to-day. He lived a ed a reputation th these islands posthe full affection the nation. His

'He did his duty. The Archbishop "His life was laid in which we were cur part in praye may bring about than we have bee As far as can b no survivors to t tragedy. The man

ever, is firmly con

submarine that s

to the bottom. Lord Kitchene crossed the seas s the war. He oft and made one tri knewn by many his departure. If it had been report his plans, have been done t GREATEST SO While only a i

oner had hund

freely criticised tain to-day the recognizes that it gone. Even his ents admit that any other man the war for the arms, All agr advisable to dive he public, but de to receive all me reply to all qu were unanimou their conferences

he satisfied ever A high offic voiced the most to the War Sec spondent that t pire will recogn very great n "Kitchener gave as much as any battlefield. Sure ferred a differe often gladly face tours, but he die for his country. vided devotion

"His tragic effect: it will st the determina people to fight the most definit

victory has been OBJECT OF Earl Kitchene at the request of ment. He inte