

Buddy Cheeks, Sparkling Eyes, Womanly Health

Thousands of Vigorous, Happy Girls and
Women Endorse Treatment

BRINGS KEEN APPETITE GOOD
SPIRITS.

Women who are all played out, droopy, pale, nervous and irritable will certainly be greatly interested. So will folks who are embarrassed with pimples, rashes, and pallid complexion. The real joy of living is best known to those who have the blood pure and the system toned up by the use of Dr. Hamilton's Pills, a soothing tonic laxative that puts health, vim and spirits into those who lack these qualities. You will be stronger, better nourished, in better spirits, and sleep better after using Dr. Hamilton's Pills. This wonderful medicine will do you good in a hundred ways. It will put spring in your step, and attractive brightness in your eyes, and on your cheeks will be stamped the glow and blush of a June rose. This is possible because Dr. Hamilton's Pills bring about vigorous digestion, perfect assimilation, pure blood, and a proper working of all the organs. The benefits from Dr. Hamilton's Pills come about in a natural, soothing, easy way, and girls and women of all ages are advised to try this old-time remedy, which is sold by all dealers in 25c boxes.

Technical Tips.

The 23 inhabited islands known as the Gilbert and Ellice Islands Protectorate, or Pacific Islands, are scattered over a tract of ocean extending 1,100 miles from north to west and 800 miles from north to south, giving an area close to 1,000,000 square miles. At the last census the total population comprised 30,523 natives, 801 Asiatics and 297 Europeans.

"The waterspout is constantly spinning. The moment it stops spinning it collapses. At a distance of a quarter of a mile above the sea level its spinning speed has been estimated at six miles an hour.

The first museum was part of the Palace of Alexandria, where learned men were maintained at the public cost, just as eminent public servants were in the Prytaneum at Athens. Its foundation is attributed to Ptolemy Philadelphus about 280 B.C.

A hat brush so small and light that it can be carried inside the hat has been put on sale in Paris. It has a small clamp by which it is fastened into the hat. It has two forms, one of soft bristles for felt hats, one of plush for silk hats, and neither style weighs more than half an ounce.

More than 70 different kinds of wood are used in the manufacture of umbrella handles.

Four-fifths of the world's halibut supply is captured in the Pacific coast waters.

London's telephone and telegraph wires extend to 73,500 miles overhead and 321,000 miles underground.

Minard's Liniment Cures Garget in Cows.

WHAT IS A CALORIE?

People Have Asked If It is a New
Breakfast Food.

Since food conservation has become a vital factor in carrying on the war against Germany, the layman has encountered in his reading the new word calorie. This word, which formerly appeared only in scientific journals, now jumps at once from the daily papers, from the magazines, agricultural and trade press. In a way the Food Administration is partly responsible for the increased use of the word, and as a result has received letters from all parts of the country asking: "What is a calorie?" Some people have gone so far as to suggest that it is the name of a new breakfast food, while in one instance the enquirer stated he had heard that it was a new type of explosive discovered by the War Department and wanted to know what the Food Administration had to do with it.

When fuel is thrown on a fire under a boiler heat is produced. This heat is required in order that the engine may perform its work. To do work of any kind requires energy. Food used or burned in the human machine produces energy to maintain the normal heat of the body and to do its work. Work done by the body comprises not only that which requires muscular or mental exertion, but also involuntary exertion, such as the beating of the heart, the expansion of the lungs, etc. The chemical process within the body which transforms our food into energy is similar in nature to the process which takes place when fuel is burned over fire — though, in the

body, the burning takes place very slowly and in every tissue. Instead of in one central place. The value of food is determined by the amount of energy it yields to the body, and it also has a building and regulating function.

It was necessary that a unit be established for measuring the amount of heat produced when food was completely burned. The unit chosen or universally adopted as the unit for measuring fuel value or energy value for any kind of food is called the calorie. It represents the same principle in measuring as the inch or foot, the units of measuring length; the pint the gallon, the unit of volume, and the ounce or pound, that of weight.

The calorie is the amount of heat required to raise the temperature of one kilogram of water 1 degree Centigrade, or one pound of water approximately 4 degrees Fahrenheit. Our requirements of food, so far as the amount is concerned, can therefore be expressed in the number of calories needed for each person a day. It must not be forgotten that the calories must be derived from the proper kinds of food.—N. Y. Herald.

She Doubled His Crop.

"Say, how did you get along with your harvest last fall?" he asked of a farmer.

"Oh, pretty well—pretty well," was the reply. "I had no hired man, of course, but I picked up help here and there, and got through."

"Did you have any women working on your farm?"

"Yes, I had one for two or three days. She said she knew all about farming, and I gave her a hoe and a digger, and she did the work."

"What a wonderful woman! I don't think she had ever been on a farm before in her life, but she was anxious to earn

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. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach, and bowels, and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

They Conserved.

He had prolonged his visit till half-past 10 o'clock, and it had been an enjoyable evening. As he rose to go he became nervous and stammered out:

"Miss—Miss Ruth, you do not read the newspapers, do you?"

"Why, of course," she promptly answered. "Don't you suppose that every woman and girl wants to know about the war?"

"Yes. Maybe you have read about the new revenue tax."

"Yes, I have read all about it."

"And, in order to raise a billion dollars more, they are going to put a heavy tax on—on—on marriage licenses."

"Yes, I saw that," she demurely replied.

"After sixty days they are going to put the tax on. This is a time to study economy and conservation, you know. If any couple was thinking about—about getting married, you know, they could save this tax by hurrying up a little."

"Yes, we must all conserve," she blushing answered. And they went back to the parlor and had the whole matter settled in twenty minutes.

Minard's Liniment Cures Colds, Etc.

Japan Likes Fat Men.

In this country when a man of average height takes on girth until his weight huns up to 300 pounds or so, his friends have grave doubts about his condition and advise him to diet in order to bring back a slim elegance of figure, notes a writer. In Japan the contrary is true. If a man can carry 300 pounds of flesh with an agility he is of the material from which heroes are manufactured, and if he can work up to the 400 or 475-pound notch, and become a wrestler, he is in the running for the championship.

Wrestling is to the Japanese what boxing is to us, and more. The populace goes crazy over it, and the magazines of the big game handle great sums in the way of gate receipts. The Tokyo Wrestling association controls the flower of Japan's heavyweights, and at its head is a 350-pound veteran, T. Dewanommi, the holder of the championship for 11 years in succession—a record feat.

Cheap Form of Insurance

You are insured against corns and bunions by the purchase of a single 25c bottle of Putnam's Corn Extractor. It cures painlessly in 24 hours. Try Putnam's Extractor, 25c at all dealers.

Fish Affected by Cold.

It has been proved that sudden cold sometimes causes the death of thousands of fish in the shallow waters of the tropics and subtropics. Many species are so chilled as to become helpless, and are either killed directly by drowning or are washed ashore in a comatose state. The phenomenon is known locally as "freezing," although the temperature of the water may be several degrees above the cold spells great numbers of fish are often killed along the Atlantic coast as far north as New England. Contact with cold air causes to water to cool rapidly, and the great expanse of shallow water around the Florida Keys and the many shallow bays that are little affected by tides afford favorable conditions for rapid cooling.—Family Herald.

Its Unmistakable
Economy in Use—

"SALADA"

100% Value 100% Pure

Sealed Packets Only.

RECIPES.

SAVORY BEETS.

1 1/2 cups sugar, 2 teaspoons flour, 2 teaspoons butter substitute, 2 tablespoons vinegar, 1 1/2 cups water, salt and cayenne pepper. Make like white sauce and pour over boiled beets cut into inch dice.

QUICK CORN CAKE.

1 cup flour, a cup milk, 3 teaspoons baking powder, 1 cup cornmeal, 1 egg, 2 tablespoons oil. Mix quickly, adding the melted fat last. Bake in an oiled pan 25 minutes.

BANANA CAKE.

Line a baking pan with a rich biscuit dough, rolled out very thin. Cut bananas into slices, arrange them on the dough in rows. Sprinkle over one-third of a cup of sugar, through which one-quarter of a teaspoonful of mace has been mixed. Moisten with the juice of one orange, one lemon, and one tablespoonful of orange marmalade mixed together. Cut bits of butter and put this over the top. Bake in a moderate oven 30 minutes. Serve with cream.

2 cups of ground walnuts, 2 cups of bread crumbs, 1 cup of cooked rice, 1 1/2 cups of hot milk, 2 eggs, 1 stalk of celery, 1 small onion, 1 tablespoonful of olive oil, 1 tablespoonful of browned flour, 3 sprigs of parsley. Grind together the nuts, celery, parsley and onion. Add the rice, bread crumbs, flour, olive oil, milk and eggs (white and yolks beaten separately). Add salt and pepper to taste. Bake in a medium oven 45 minutes. This loaf is delicious served with a rich tomato sauce.

WHITE CORN FLOUR BREAD.

Two pints white corn flour, two pints wheat flour, one pint beer yeast, one tablespoon lard, two tablespoons molasses or sugar. Mix flour thoroughly. Melt lard in one-half cup hot water; when cool add yeast and molasses and mix as for bread, using wheat flour to keep it from sticking. This makes two loaves about the size of a baker's loaf.

For Spanish Influenza

THE LINIMENT THAT CURES ALL
AILMENTS.

MINARD'S
THE OLD RELIABLE—Try It
MINARD'S LINIMENT CO., LTD.
Yarmouth, N. S.

MUSH BREAD.

Early in the evening scald two table-spoons corn meal, a pinch of salt and one of sugar, with milk enough to make a mush; set in warm place till morning. Then scald as much soda water as will boil, then add with a pint of boiling water. Then add a thick batter with one part rice and the mush made the night before; stir briskly for a minute or two. Put in closed vessel in kettle of warm water (not too hot). When light, mix stiff, add a little shortening, mold into loaves and let rise. Bake 25 to 30 minutes in a good oven.

CORNMEAL NUT-CAKES.

Two cups yellow corn meal, two tablespoons melted shortening, three cups boiling water, one teaspoon salt, one egg, one-half cup chopped nut meats. Bring water and salt to boil, stir in corn meal, add nut meats, stir and cook ten minutes. Remove from fire and add egg well beaten and melted fat. Turn into greased tin and cool. When cold slice and fry in hot fat. Serve with honey or maple syrup. Sufficient for six or eight slices.

RYE MUFFINS.

Mix or sift one cup rye flour, one cup white flour, one-quarter cup sugar, three teaspoons baking powder and one-half teaspoonful salt; add one cup milk and one beaten egg. Beat well. Bake in muffin pans 20 minutes.

CHICAGO HOT.

One peck ripe tomatoes, peeled, chopped and drained through a colander for at least 1 1/2 days, 2 cupfuls chopped celery, 3 onions, 6 large green peppers, 1 or 2 small hot red peppers, all chopped fine, 2 table-spoonsful white mustard seed, 2 table-spoonsful cinnamon, 2 pounds sugar, 3 pints of vinegar, 1 1/2 cup salt. Mix well together and it will be ready for use in a few days. Do not cork or seal, just store in crocks, and cover tightly.

Even the philosophical fish may follow the line of least resistance.

is especially potent
in a Ten-Pot
Infection.

Worth Remembering.

For measles stains—wet in strong soda, cover with paste of salt and soap and put in the sun. Arnica is always good for a bruised knee or a pounded thumb. Keep a bottle handy.

If your child's shoes stiffen after a walk in the rain, rub them over with warm water and then rub them with castor oil.

Enamel bathtubs can be nicely cleaned with a flannel dipped in paraffin and should not be scrubbed.

Chloride of lime is solution is an invaluable disinfectant and deodorizer, and is cheap enough to be used daily or weekly to flush waste pipes and sink drains.

To prevent mustard from drying and caking in the mustard pot, add a little salt when making it.

Mud stains on dark clothes should first be brushed and then rubbed with a freshly cut raw potato. This will remove any trace of stain.

To clean and sweeten the coffee pot, put a little borax water in it.

To keep ice from melting, cover it with a piece of flannel, then cover that with several thicknesses of paper.

The carpet sweeper, mop, etc., can be suspended without any trouble by inserting a screw eye at the top.

When the kitchen is very crowded cup hooks, screwed along the ends or the sides of the kitchen table, afford handy places on which to hang the potato masher, kitchen scissors, graters, strainers, egg beaters and numerous other articles that are in frequent use.

Minard's Liniment Cures Distemper.

MEAT EXTENDERS.

Two Recipes to Make It Go a Long Way.

Meat extenders are now in high favor, beans and rice especially coming under this head. Cheese is another item in this list.

The tamale pie, which serves six, is one.

TAMALE PIE.

Two cupful cornmeal, 2 1/2-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000-1001-1002-1003-1004-1005-1006-1007-1008-1009-1010-1011-1012-1013-1014-1015-1016-1017-1018-1019-1020-1021-1022-1023-1024-1025-1026-1027-1028-1029-1030-1031-1032-1033-1034-1035-1036-1037-1038-1039-1040-1041-1042-1043-1044-1045-1046-1047-1048-1049-1050-1051-1052-1053-1054-1055-1056-1057-1058-1059-1060-1061-1062-1063-1064-1065-1066-1067-1068-1069-1070-1071-1072-1073-1074-1075-1076-1077-1078-1079-1080-1081-1082-1083-1084-1085-1086-1087-1088-1089-1090-1091-1092-1093-1094-1095-1096-1097-1098-1099-1100-1101-1102-1103-1104-1105-1106-1107-1108-1109-1110-1111-1112-1113-1114-1115-1116-1117-1118-1119-1120-1121-1122-1123-1124-1125-1126-1127-1128-1129-1130-1131-1132-1133-1134-1135-1136-1137-1138-1139-1140-1141-1142-1143-1144-1145-1146-1147-1148-1149-1150-1151-1152-1153-1154-1155-1156-1157-1158-1159-1160-1161-1162-1163-1164-1165-1166-1167-1168-1169-1170-1171-1172-1173-1174-1175-1176-1177-1178-1179-1180-1181-1182-1183-1184-1185-1186-1187-1188-1189-1190-1191-1192-1193-1194-1195-1196-1197-1198-1199-1200-1201-1202-1203-1204-1205-1206-1207-1208-1209-1210-1211-1212-1213-1214-1215-1216-1217-1218-1219-1220-1221-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