ROYAL YEAST CAKES

Now that the new government standard flour is in general use, the quality of the yeast you use is more important than ever. Use Royal Yeast Cakes. Their quality is absolutely reliable. Bread made with Royal Yeast will keep fresh and moist longer than that made with any other.

Send name and address for copy Royal Yeast Bake Book.

E. W. GILLETT CO. LTD.
TORONTO, CANADA
WINNIPEG MONTREAL

APPETITE TEASERS

"Lost my appetite." That is a cry one often hears on all sides when the warm, gentle days draw near. To be sure, one begins to tire as winter comes to a close, of all the "things which come from cans and bottles" and of prunes and corned beef. One looks forward to asparagus time and spring lamb days.

But until those times come within reach of the pocketbook, tease the appetite with a few of these dainty dishes:

ORANGE ROUNDS.

Peel, and cut round, medium slices from a well flavored orange. Remove seeds and marinate for ten minutes in cool, heavy French dressing. Drain and dust the slices of orange lightly with crushed mint, then lay them on crisp toast rounds, with a spray of fresh cress on top, and serve at once.

PINE AIGRETTES.

Chop six slices of canned pineapple, or four fresh pineapples, and set to drain. Add two tablespoonfuls of grated Canadian cheese, a half saltspoonful of sugar, two teaspoonfuls of toasted crumbs and the stiffly beaten white of an egg. Mix lightly, then heap on bread rounds and brown in the oven, but do not dry or burn. Serve at once.

SALMONETTES.

Drain, free from skin and bone, and flake, one can of salmon. Add the juice of a small onion and half a lemon, pepper, salt, a teaspoonful of chopped chives and enough Russian mayonnaise to bind the mixture. Heap on toast diamonds and place a stuffed olive on top. Serve cold.

EGG MINTS.

Melt a large tumbler of mint jelly. Chop the white of three hard-boiled eggs, purverize a tablespoonful of salted almonds, and add to the jelly with a teaspoonful of minced pepper. Add salt, pepper, a teaspoonful of powdered gelatin dissolved in a little boiling water. Mix well and turn into little round moulds (after dinner coffee cups will do) that have been wet with cold water. Set to chill and firm. Unmould on lettuce leaves, put a spoonful of mayonnaise on top of each and a little of the egg youk put through a ricer on top.

LIVER CANAPES.

Boil and mince fine a quarter-pound of calf's liver. Add to it the juice of an onion, pepper, salt, two teaspoonfuls of East India Chutney sauce, two minced gherkins and a half package of cream cheese. Blend all together, spread on toast rounds and put an olive stuffed with celery on top.

CHICKEN ROLLS.

From raised dough shape tiny biscuits. Mince enough cold boiled chicken to fill a cup. Season the chicken with pepper, salt, a tablespoonful of each of whipped cream and well seasoned mayonnaise and a tablespoonful of very finely minced celery, and a teaspoonful of chopped capers. Break open (but not apart) each hot biscuit and fill with a teaspoonful of the mixture. Serve hot, two to a portion, with two or three sprays of fresh cress and a red radish.

Wood's Phosphodine. The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOODS MEDICINE CO., Toronto, Ont. (Formerly Windsor.)

It is fine for cleaning cans - says the dairyman
Comfort Lye

TOMATO ROUNDS.

Blend together one package of cream cheese and a small amount of Roquefort cheese, pepper, salt and enough cream to soften. Spread on toast rounds, and cover with a slice of tomato dipped in sharp mayonnaise. Add a spray of cress and serve.

CREAM OF POTATO SOUP WITH CHEESE.

Cook four medium-sized potatoes in about a pint of salted water, adding a bay leaf, one sliced onion, a saltspoonful of paprika and the chopped green tops of a large stalk of celery. Cover the kettle and when the potatoes are tender press the whole through a colander. Melt one tablespoonful of butter, blend in one tablespoonful of flour and add gradually one quart of milk. Stir constantly until the same boils, then blend with the potato pulp and stir in three tablespoonfuls of grated cheese. Serve as soon as the cheese is melted and sprinkle each portion with paprika.

Evening Wear?

Wonderful metal cloths.
Gauze shoulder scarfs.
Frocks with mtching capes.
Tulles ornamented with metal braids.
Long tulle capes twinkling with spangles.
Starlight blue tulle embroidered with silver crescents.

Would Not Be Without Baby's Own Tablets

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pye, Ecum Secum, N. S., writes: "I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What Good is the Robin?

"Now what good is the robin? Everybody knows the robin. A boy came along the road with a .22 rifle, saw a robin sitting there, and killed it. I went over and picked the robin up. Two cutworms were squirming on the ground; the robin had them in his beak. I held the bird up and two more fell out of his mouth. Remember one cutworm will cut down five tomato plants in a night. The cutworm does his work and then hides under the soil; Mr. Robin comes hopping along, picks in there and pulls him out and turns him into a robin. If anyone tells you that a robin will destroy one hundred cutworms in a day, take it from him that it is true." —Jack Miner, at the National Conference on Game and Wild Life.

Keep Minard's Liniment in the house

Wooden Soles.

Wood enters more and more into shoe-making.

The high price of leather had led to the use of wooden soles.

Beech wood makes good soles, it is stated, and the advantages of wooden soles are great.

The wood is a better non-conductor than leather and serves better to keep the feet warm and dry.

It is said that in Paris fashionable footwear is often provided with wooden soles, with small pieces of leather to deaden the sound in walking.

People with tender feet, accustomed to soft, pliable leather soles, might find descomfort in wooden soles, but there are many who wear them without apparent discomfort.

CURE YOUR COLD WITHOUT MEDCIINE

Just Breathe "Catarrhozone", its Balsamic Vapor Does the Rest.

It's a tiny germ that sets up the irritation that makes colds so disagreeable. Colds die quickly if Catarrhozone is used, simply because the vapor of Catarrhozone instantly destroys the germ that keeps the cold alive.

Every breath you draw through the inhaler fills the whole breathing apparatus with pure piney essences that stop colds at their very beginning. You experience a pleasant sensation of relief at once. Soreness, congestion and irritation leave the nose and throat, the head is cleared, and every trace of cold or catarrh is cured. Catarrhozone is so sure, so pleasant, such a safe remedy for winter ills that you can't afford to do without it. Get the dollar outfit, it lasts two months and is guaranteed to cure; small size 50c; trial size 25c, all dealers or The Catarrhozone Co., Kingston, Canada.

Washington Flag Etiquette.

The United States flag always is hoisted over the Senate or House of Representatives when in session. The flag floats from the flagstaff of the White House while the President is in Washington, and its absence indicates the absence of the President from the capital. It is displayed over the department buildings in Washington from 9 o'clock a. m. to 4.30 p. m. every week day.

Fabric Newness.

Buronette.
Rainbow tricolor.
Velvet striped marquisette.
Boldly printed pajama silks.
Real cowskin for making collars and cuffs.
Fibre silk skirtings in lovely pastel shades.

Minard's Liniment used by Physicians

Ladies Perfume Your Skin With Cuticura Talcum

Antiseptic, prophylactic, deodorizing, fragrant and refreshing, Cuticura Talcum is an ideal face, skin, baby and dusting powder. Convenient and economical, takes the place of other perfumes for the person. A few grains sufficient. One of the indispensable Cuticura Toilet Trio for keeping the skin pure and sweet.

Cuticura Soap 25c., Ointment 25 and 50c. Talcum 25c. plus Canadian duties. Sold everywhere. For sample each free address: "Cuticura, Dept. 21, Boston, U. S. A."

Wholesome and Timely

This is a good time to play up oranges, lemons and grapefruit in your dietary scheme. These fruits are somewhat less costly and can be used to advantage. Above all, they are wholesome for most people.

LEMON CRACKER PIE.

Mix together four tablespoonfuls of rolled cracker crumbs, one cupful of hot milk, one cupful of sugar, two tablespoonfuls of melted oleo, half a teaspoonful of salt, the juice and grated rind of one lemon, and one lightly-beaten egg.

Turn into a pie plate lined with pie crust, dust over with grated nutmeg and bake until set. If desired, the top can be covered with a meringue made from the stiffly-whipped white of one egg and one tablespoonful of powdered sugar.

ORANGE BREAD PUDDING.

Beat three eggs lightly and add half a cupful of sugar cooked to a caramel and dissolved in half a cupful of hot water. Also add hilf a cupful of additional sugar, three cupfuls or milk, two cupfuls of sifted dry bread crumbs, half a teaspoonful each of ground cinnamon and salt, juice of two oranges and the grated rind of one, and one cupful of dried currants. Butter an ornamental mould, dredge with sugar and turn in the pudding mixture. Set in a pan of hot water and cook as for custard. Serve with a foamy sauce flavored with orange.

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT.
MRS. A. LIVINGSTONE
Lot 5, P. E. I.

I was cured of a severe attack of Rheumatism by MINARD'S LINIMENT.
Mahone Bay. JOHN MADER.

I was cured of a severely sprained leg by MINARD'S LINIMENT.
JOSHUA A. WYNACHT.
Bridgewater.

ORANGE MACAROON BISQUE.

This is very simply made. Heat one cupful of thin cream with a few grains of salt and add the yolk of one egg beaten with three tablespoonfuls of sugar. Remove from the fire as soon as the cream has thickened slightly and add, while hot, one tablespoonful of finely grated orange rind. Allow it to cool and fold in one cupful of double cream whipped solid, three-quarters of a cupful of crushed macaroon crumbs, the juice from two oranges and the juice of half a lemon. Freeze slowly as for ordinary ice cream. This cream is particularly delicious served in individual portions with a crushed and sweetened strawberry sauce.

GRAPEFRUIT SHERBET.

Boil one pint of water and a cupful and a half of sugar for ten minutes; then stir in half a teaspoonful of gelatine softened in a teaspoonful of cold water, and when dissolved strain the syrup. Cool, add the juice and pulp from two grapefruit, and half a cupful of Maraschino cordial. Turn into a chilled freezer and when the mixture begins to congeal blend in the stiffly-whipped white of one egg and two tablespoonfuls of the chopped cherries. Continue freezing until firm and smooth.

GRAPEFRUIT AND ORANGEADE.

Slice into a large bowl one grapefruit and two oranges. Add one cupful of sugar and place it on the ice for two or three hours. The seeds, if not removed before, will float to the top and can be easily taken out. When ready to serve, crush the fruit and sugar with a potato masher (this bruises out the flavor from the rind of the fruit), and add one pint of fresh ginger ale, one pint of crushed ice, one pint of chilled water and a bouquet of fresh mint. Serve from a tall glass pitcher.

A Literary Feat.

Mrs. Humphrey Ward, in the reminiscences which she is publishing in the Cornhill, tells of a wonderful episode in which Henry James translated at sight Mr. Kipling's "McAndrew's Hymn," into splendidly idiomatic French. M. Bourget was of the company, and though he reads and speaks English fluently, he complained of the technical expressions made use of by Mr. Kipling in the poem in question. "Whereupon," says Mrs. Ward, Mr. James took up the book and there and then put 'McAndrew's Hymn' into vigorous idiomatic French—an extraordinary feat, as it seemed to M. Bourget." As it would seem to anyone, even though possessed of a complete mastery of both languages, for McAndrew is at home with such expressions as "thrust-block," "coupler-flange" and "crosshead jibs," etc., which is a good deal more than can be said of the rank and file of Kipling's readers.

To Us—From Japan.

From over the Pacific come new porch rugs.

Our little, clever friends, the Japs, made them.

Of rush, they are strong and compactly woven.

You may have them in oval or rectangular shapes.

Some are in checkerboard effects, and others have plain centres and colored borders of contrasting hue.

The natural color is used with green, black, red or brown, and the sizes range all the way from 3 by 6 feet up to the popular 9 by 12.

$100—REWARD—$100.

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.
Druggists 75c. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.

Shoveling Out Gas.

Weighing considerably more than the atmosphere, the poisonous gases employed in modern warfare always seek lower levels. Thus the gas clouds penetrate trenches and deep dugouts, and in most cases it is a matter of many hours before they become sufficiently diluted with the atmosphere to permit of safe breathing. So the matter resolves itself into a probelm of driving the poisonous fumes out of the trenches and underground shelters, or at least thinning them out until the air is again made safe.

For this reason American soldiers in France literally "shoveled" poisonous fumes out of their trenches. Attached to a shovel is a sort of canvas scoop or "flapper" which permits the men to heave the heavy gases over the parapets and beat the fumes and dissipate them in the surrounding air.

Ask for Minard's and take no other.

Worth Remembering.

Sure cure for bunions—Take out inside of small onion, fill with salt and bind on a few nights.

To make shoes waterproof—Rub thoroughly three or four times with castor oil, allowing the oil to dry in.

Gasoline will remove gum from rugs or polished floors.

Patches sewed on the sewing machine are smoother and last better than those placed by hand.

Hang pictures flat against the wall and on a level with the eyes.

To prevent scars from scalds or burns, rub the new skin several times a day with sweet oil.

To rid your house of mice, mix any kind of food they like, with tartar emetic and put it where they can eat it.

For frost bite, rub gently with snow or bathe with very cold water.

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, postpaid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

A MESSAGE TO WOMEN!!

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me to-day. Address: Mrs. M. Summers, Box 9, Windsor, Ont.

Some New Fashions.

Dark blue kid pumps, very pointed as to toe, light as to sole and high of heel—altogether extremely smart and expensive looking—as they are!

Dresses with flying panels, with deep fringe, with gorgeous tassels and with many beads.

Satin afternoon wraps, embroidered in chenille, made with gathered cape collar and finished with scarf ends. These wraps are beautifully lined with the soft pussy-willow taffetas that make such rich linings.

Lovely new French tunics of net with many beads in Roman stripe colorings, and not quite so vivid as this sounds.

Father's Time.

We've Mother's Day and Children's Day,
And dog-days soon are due;
We've days to loaf and days to work,
And days for heroes, too.

And now a movement is on foot
(At least the papers say)
To honor one who pays the bills—
And have a Father's Day.

This idea seems a little late,
But, just the same, it's right;
Should father be consulted, though,
We'll bet he'll take a night.
—Yonkers Statesman.

DOMINION Bicycle Tires

"Unquestionably the Best Tires Made"

For speed, safety and thoroughly satisfactory service, be sure to ride on "Dominion" Tires. The extra mileage makes them the best and cheapest to buy.

Sold by the Leading Dealers

ASPARAGUS.

How to Cook and Serve This Dainty.

Asparagus is a great delight to many. However, it must be well cooked to retain its delicate flavor. It may be boiled or steamed; in either case, cut off lower parts of stalks as far down as they will snap, untie bunches, wash, remove scales and retie, as this makes the servinyg easier and the tips likely to be broken.

For boiled asparagus, cook in boiling salted water 15 minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and spread with soft butter, allowing one and one-half tablespoons of butter to each bunch of asparagus. Asparagus is often broken in inch pieces for boiling, cooking tips a shorter time than stalks.

Some prefer a white sauce to drawn butter.

Put two tablespoons butter in a saucepan, stir until melted and bubbling, add two tablespoons of flour mixed with ¼ teaspoon salt and few grains of pepper, and stir until thoroughly blended. Pour on gradually one cup milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy.

GALL-KLENZ
ABSOLUTELY REMOVES GALLSTONES WITHOUT OPERATION. Cleanses the Liver, Gall Bladder, Stops Stomach Misery, Relieves Gallstone Colic, Jaundice, Gas, Bowel Trouble, Colds, Indigestion, Headaches, Nervousness, Dyspepsia and signs of Appendicitis, caused by gallstones. He explains what you have tried without results. If you actually want relief, write for GUARANTEE and PROOF of how it reduces the LESS THAN [illegible] CENTS a treatment. F. A. K. CHEMICAL CO. Box 144 H [illegible]

Asparagus may be served with success with sauce Hollandaise. Put ½ cup butter in bowl, cover with cold water and wash, using a spoon. Divide in three pieces; put one piece in a saucepan with the yolks of two eggs and one tablespoon lemon juice; place saucepan in a larger one containing boiling water, and stir constantly until butter is melted; then add second piece of butter, and, as it thickens, third piece. Add one-third cup boiling water, cook one minute, remove fro mfire, then add ¼ teaspoon salt and few grains of cayenne. Pour sauce over boiled asparagus.

Minard's Liniment Lumberman's Friend.

Why Cat's Eyes Shine in Dark.

"What causes a cat's eyes to shine in the dark?" Many explanations have been offered in the past, but scientists now hold that invisible rays are transformed by some chemical action into visible rays at the instant of reflection of the eyes of the animal.

Lingerie Piquancy.

An extremely effective touch can be added.

To the daintiest of lingerie.

By the using ribbon of two colors.

That is, one color on one side.

And a contrasting one on the other.

To be womanly is the greatest charm of woman.—Gladstone.

GOLDEN PILE REMEDY
DAWN OF A NEW DAY

NO NEED SUFFERING FROM PILES NOW!

Golden Pile Remedy will cure your Piles. Try it! The trial is absolutely FREE. Simply send us your name and address, and we will send a liberal free treatment by return mail.

It is a mistake to dose yourself with so-called Pile cures. They will do you more harm than good. Why don't you begin right to-day to overcome your piles? You can do it by using Golden Pile Remedy.

The results from the full treatment, which sells for $1.30, are amazing; the itching, burning and swelling, along with the other well-known symptoms, soon disappear and leave you completely cured.

Write to-day for a free trial treatment and be convinced.

Sold by leading druggists everywhere or direct by mail, price $1.30.
GOLDEN REMEDY CO.
Box 191 Windsor, Ont.

ISSUE NO. 22 1919

HELP WANTED—FEMALE

GIRLS AND WOMEN AS WEAVERS, Winders, etc. Apprentices paid while learning, and every assistance given in teaching beginners this work. Only short experience required to develop efficient workers. Pleasant work, satisfactory remuneration. For full particulars, apply Slingsby Mfg. Co., Brantford, Ont.

MISCELLANEOUS

SEND A DOMINION EXPRESS money order. Five dollars costs three cents.

BRED TO SHOW LAYING BARRED Rocks. Tobacco and Garden Plants. Write for Catalogue Chas. Barnard, Leamington, Ont.

I WILL PAY YOU 31 CENTS A pound for live hens, any size, f.o.b. your station. Ship c.o.d., Sam Lewis, 668 Dundas West, Toronto.

FARMS FOR SALE

WESTERN FARM LANDS — IF YOU want to sell your western farm land send me proper description and easiest terms, and I will endeavor to sell it for you. J. J. White, Drawer 495, Orangeville, Ont.

NURSING.

NURSING—NURSES EARN $15 TO $25 a week. Learn without leaving home. Send for free booklet. Royal College of Science, Dept. 124, Toronto, Canada.

FOR SALE

FOR SALE — CHOICE YELLOW Dutch sets; 6c per lb., f.o.b. shipping point. T. L. Wurm, Zurich, Ont.

93 ACRES, (25 ACRES FIT FOR plough, fenced.) Good land. 600 strawberry plants, large garden, three miles from station, also 200 acre bush lot (100 green bush.) good land. Timber, birch, maple, balance big pine. Fine ranching country, lots of game, deer, bear, beaver, mink, otter, rats, partridge, hares. No taxes. Also stationary saw mill, 40 H.P. engine, 50 H.P. boiler, all new tubes, double edger trimmers, all complete, price $1800 cash, loaded on cars. Will sell farm together or separate. Sickness compels sale. Possession any time. Apply to John Hassan, Seguin Falls, Ont., Parry Sound Dist.

PROPERTIES FOR SALE.

DOCTOR'S RESIDENTIAL PROPERTY for sale; exceptionally desirable; hot water heating; all modern conveniences; offices in separate wing; stable, lawns and garden; unusual opening in prosperous town. Apply to Box 324, Paris, Ont.

PAINTERS WANTED.

PAINTERS WANTED, AT ONCE. Highest wages to capable men. Apply, J. J. Thompson, Owen Sound, Ont.

SHEEP RANCH

WE ARE OFFERING FOUR THOUSand acres, all en bloc, Southern Alberta; about sixty miles southeast of Lethbridge; seven miles to railway; about half high-class, rich farming land; twelve hundred acres broken, balance exclusive ranching land, fenced; frame barn; running water; one of the main canals of the Provincial irrigation system on the property; unlimited coal supply; very easy terms of payment, extending over fifteen years at six per cent. Dodds Limited, C. P. R., Toronto, Ont.

Our Language.

Though a fawn may grow into a buck, gender conditions being right, there is no known process whereby fawning and bucking can be made to resemble each other. Somebody says the Philippine Islands could supply enough food for the human race if transportation could be arranged. No doubt. Also hades could furnish heat for all the world's cities if a pipe line could be constructed and maintained.

Nell—Miss Antique seems to carry

Casadepaga Head.

This remarkable looking rock is known as a schist which is wathered and crumbled into a human expression which is startling. Not only is there a distinct resemblance to a man's profile but the head is apparently dressed in a periwig of the style of the last century, such as the soldiers of Cornwallis wore. The rock is located on the top of a 2,000-foot hill on Seward Peninsula, Alaska, and is called by the natives of the Big Head, or the Casadepaga Head. The fact is about eight feet high.

TOO MUCH POLITICAL GRAFT

Many say it can't be prevented, neither can warts or corns; but they can be cured by Putnam's Corn Extractor; it cures corns and warts without pain in twenty-four hours. Use only Putnam's, 25c at all dealers.

Food to Make Giants.

A new substance, called tethelin, has been discovered in the human body by scientists engaged in physical research at the University of California.

It is found in the thymus gland at the base of the brain, and it is this that makes people grow, or so the scientists in question allege. By utilizing it, it is the stature of human beings. A child fed upon it will grow up a giant. We may be able by this method to breed regiments of giants of a size and stature to throw completely into the shade those giant Grenadiers of Potsdam which gave so much pleasure and pride to one of the Kaiser's most distinguished ancestors.

Animals, too, and even insects, it is claimed, can be induced to "grow big" by similar means. It is to be hoped that no evil-minded person will elect to breed tethelin rats the size of tigers or wasps that will be veritable flying dragons.—Tit-Bits.

True Meaning of "Boomerang."

Boomerang has beaten all records of words turned inside out. The term does not convey the idea of retribution as the boomerang returns not at the thrower's peril, but to his future use. No Australian would make that blunder. Colonel Miles, the Allied expeditionary forces' chief chaplain during the war used the term right when he declared: We are your boomerang, flung out by you to conquer a continent and now returning to your feet for another throw.