

Coughs, Colds, Bronchitis

If there is an ailment in the throat or chest it is surely essential that the remedy be conveyed direct to the affected part...

Catarrhone Just Breathe It

To permanently cure your winter life, your coughs, sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhone.

How to Select Foods

If the housewife will group the various foods in her pantry, vegetable bins and refrigerator in to five simple groups and will see that foods from each of the groups appear in each day's meals she can feel sure that she is giving her family the right...

Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition...

Group 1—Fruits and Vegetables. Without these the food would be lacking in mineral substances needed for building the body...

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn. — "I suffered for more than a year from nervousness, and was so bad I could not rest at night...

time to simplify her meals without making them less solid or less complete. For example, from these groups the housewife who has been serving bread, potatoes, milk, or honey...

THESE GOOD TIMES

People Have Many Luxuries of Late Years.

"Have you ever thought of the fact," said the middle-aged man who always takes the same table in a little restaurant in Herald square, according to the New York Herald.

Minard's Liniment Co., Limited.

Gentlemen—In July, 1915, I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months.

"I had as regards inventions and discoveries in the last twenty-five years as much as the world's history."

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them."

Share and Share Alike.

The Russian revolution was not without its lighter side, as the following account of what happened in Petrograd will show.

Seven Stages of Marriage.

"There are seven stages of married life, just as there are seven ages of man," is the united verdict of an octogenarian couple who have just celebrated their diamond wedding.

Complete School Set—25 Pieces FREE TO BOYS AND GIRLS



HOMER-WARREN CO. Dept. 56, TORONTO

"With the third comes disillusion. It is not necessarily tragic. The man realizes that his wife is just a woman, and this 'disillusion' often brings more solid happiness to the husband than he could ever have hoped for from the ethereal vision he once had."

TIMELY RECIPES. INDIAN PUDDING.

An old-fashioned Indian pudding served with cream is delicious enough for the most epicure. Here is a long tried rule: Mix four cups of scalding milk, a cupful of molasses, two level tablespoonfuls of sugar, a quarter of a cupful of cornmeal, a tablespoonful of flour and a little salt.

DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal.

CROSS-ROAD BURIAL.

How Suicides Came to Be Interned There. In pre-Christian days, suicides were terribly frequent, and it was generally agreed that a man might escape the burden of life in this manner, without discrediting his memory.

STUFFED HAMBURG ROAST.

Two pounds Hamburg steak, one teaspoonful poultry dressing, two teaspoonfuls salt. Mix well and form into loaf.

SPANISH BEANS.

One and one-half cups red kidney beans, one cup strained molasses, one-eighth teaspoonful soda, one small pepper, two ounces fat salt pork, two teaspoonfuls salt, one small onion.

MAPLE SPONGE.

Soak two tablespoonfuls granulated gelatine in one and one-half cups cold water ten minutes.

the old cross, where services had been held, and was then held. They buried the poor suicides there, because they were unwilling to relinquish hope for them.

Explaining Falling of Leaves.

The shedding of leaves in autumn may be due to physiological drought. The soil contains sufficient moisture, but the temperature of the soil may be too low to enable the trees to absorb it.

Measure Your Neck Before and After Taking

Go-Solve and you will be surprised at the reduction in the size of your goitre after taking the first bottle of a monk's famous remedy.

GOITRE

Send for free booklet, which explains why this medicine has already done for other sufferers and how you can successfully treat goitre in your own home.

Preserving Chilkat.

The phonograph has been requisitioned to preserve the tribal language and the folk songs of the Chilkat Indians of Alaska.

Little Things That Count.

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart and secure comfort.

CATARRH

New, marvelous way to treat Catarrh, Coughs and Colds. Stops it ALMOST INSTANTLY—banishes that filthy, obnoxious hawking, spitting, sneezing, foul breath and its disgusting habits.

Two Canine Heroes.

Two French war dogs, which well deserve the honor, have had their names and numbers posted up at all the French army kennels for a deed of valor.

RESUME—NO. 44, 1919

FARMS FOR SALE

125 ACRES—COUNTY OF YORK. Close to shipping points, school, and churches; good land, buildings, in good repair; five thousand D. Miles, 110 Gardner road, Hamilton.

VINELAND—THE LAND OF VINES—the garden of Canada; buy a farm or ten-acre fruit and poultry farm and live happy.

FARM FOR SALE—200 ACRES ON THE Grand River, 10 minutes' walk from Caledonia station and schools, including College; clay loam, slightly rolling, 2 acres bush, balance clear; 2 frame houses, large barn, stone foundation, nice assortment of fruit; can be sold with or without implements. Bargain for the money. J. D. Biggar, 205 Clyde Block, Regent St., Hamilton, Ontario.

FOR SALE—FIFTY OR MORE GOOD farms in the counties of Waterloo, Westmorland, Wellington and other counties; some near the city of Galt; also some beautiful homes in the city of Galt and some market gardens; all kinds of real estate. Apply P. H. Patterson, Co., 8 Ainslie street, Galt, Ont.

MISCELLANEOUS

DOMINION EXPRESS MONEY Order for five dollars costs three cents.

HELP WANTED—MALE

LOOM FIXER—FIRST-CLASS MAN ON Knowledge Cam Looms, working on blankets and heavy woollens. State full details of experience, age and whether married or single. Apply Slingsby Mfg. Co., Brantford, Ont.

FARMS WANTED TO RENT.

WANTED—FARM TO RENT, GIVE particulars, rent, etc.; also apple orchard wanted for 3000 or more, with apples on it. P. O. Box 64, Hamilton, Ont.

HELP WANTED—FEMALE

WANTED—GOOD HOUSEKEEPER OR capable girl, excellent home and high wages paid. Apply to Mrs. H. Tallman, 30 Delaware avenue, Hamilton, Ont.

PROPERTIES FOR SALE.

FOR SALE—CHOICE CITY HOTEL—central; select; handsomely furnished; modern; hot water heated; doing a profitable business; a gift-edged proposition to a practical party to acquire a sound, well-equipped business property at a right price; seventy-five thousand; on easy terms; 1.5 cash balance; if desired, extending over 8 or 10 years, will not lose. Apply Box 751 Postal Station E, Toronto.

BUSINESS CHANCES

FOR SALE—HARNESS BUSINESS—good farming country; stock small; no opposition; for lease or purchase in good order; good reason for selling. Box 3, Otterville.

SEED CORN

Finest grades; quality guaranteed: Row Yellow Flint, White Cap, Yellow Dent, Golden Glow, Early Bantam Sweet, Large-eared, Eureka Evergreen, sweet corn; also perfect for Blue and Timothy Hay. Buy direct from grower and save the middleman's profit. A. J. McLennan, R. R. No. 4, South Woodville, Ont.

EDUCATIONAL

PARK Business College

The school for best results. 72 James St. N., Hamilton, Ont. Through courses—Short-hand, Clerical, Bookkeeping and Secretarial. Excellent opportunities for Public School teachers and High School graduates.

The Apocrypha.

All the Old Testament apocrypha, fourteen in number, have been translated into English and are included as apocryphal books in some editions of the Bible. They were formerly printed under a distinctive heading between the Old and the New Testaments, and in that form can still be found in many of our Bibles.

Walker The House

Where Service is not Sacrificed to Size. The House of Plenty. Walker The House. Walker The House. Walker The House.

PARKER'S WILL DO IT

By cleaning or dyeing—restore any articles to their former appearance and return them to you, good as new.

Cleaning or Dyeing

Think of Parker's. Parcels may be sent Post or Express. We pay Carriage one way on all orders.

Advice upon Cleaning or Dyeing any article will be promptly given upon request. PARKER'S DYE WORKS, Limited. Cleaners and Dyers. 791 Yonge St. Toronto.

