there is an allment in the throat thest, it is surely essential that remedy be conveyed direct to the ted part. It's because the healor of Catarrhozone is breathinto the sore, irritated throat and ichta, tubes that its balasmic mes kill the germs and destroy the me of the trouble. These are the why Catarrhozone never yet feasons why Catarrhozone never yet failed to cure a genuine case of Catarrh, Asthma, Bronchitis or Throat Trouble.

The conderfully soothing vapor of Catarrhozone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid. which goes merely to the stomach. and falls entirely to help the throat

Catarrhozone Just Breathe It

To permanently cure your winter ille, your coughs, sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhozone. But beware of the substitutor. Large outfit lasts two months, costs \$1.00, smail size 50c, trial size 25c, at deal-

How to Select Foods

If the housewife will group the yarious 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 riving her famlly the eight different substances which the body needs for wellbeing. This grouping will help the housekeeper who ies to save money or time to simplify meals without making them one sid-or incomplete. It will enable her determine whether the meals supply all the different materials needed and will prevent substituting one food for another which has as entirely different

Group 1.-Fruits and Vegetables Without these the food would be lack building the body and keeping it in good working condition; in acids which give flavor, prevent constipation and serve other useful purposes, and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the ap-

petite.
Foods depended on for mineral mat-ters, vegetables acids and body regul-Fruits-Apples, pears, &c., berries, or-

and root vegetables.
Group 2.—Meat and Meat Substitutes. These are sources of an important body building material, protein. In the case of children part of the protein food

rouid always be whole milk.
Foods depended on for protein:
Milk, skim milk, cheese, &c., poultry, eggs, meats, fish, dried peas, beans, cow-.. nuts. .-Foods Rich in Starch.

Cereals (wheat, rice, rye, barley, oats and corn) and potatoes (white and aweet), Cereals come near to being complete foods, and in most diets they sup-ply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals:
Foods depended on for starch:
Cereal, grains, meals, flours, &c., cereal

breakfast foods, bread, macaroni and other pastes, crackers, cakes, cookles, starchy puddings, &c., potatoes and other starchy vegetables. Group 4 .- Sugar.

Unless some of the fuel is in this form he diet is likely to be lacking in Tlav-

Foods depended on for sugar Sugar, molasses, syrups, honey, candies, sweet cakes and desserts, fruits preserved in sugar, jellies and dried fruits.

Froup 5.-Foods Very Rich in Fat. These are important sources of body uel. Without a little of them, the bod would not be rich enough to taste

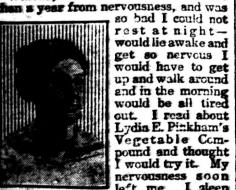
Foods depended on for fat. Butter and cream, lard, suet and other sooking fats, salt pork and bacon, table and salad oils.

Some food materials really belong in more than one group. Cereals, for ex-ample, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids , cellulose and body regulating substances for which are especially valuable; and most supplies fat as well as protein. The lists given above show some of the common food materials arranged in these five groups, according to their most important nutrients. Thinking of foods as belonging to these groups should help to prevent two mistakes—that of serving meals that have not sufficient variety and that of cutting down the wrong places when economy either of time or money is needed. The groupings will help the house-keeper who wishes to save money or

MAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winons, Minn. - "I suffered for more



and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep

and feel fine in the morning and to do my work. I gladly recom-Lydia E. Pinkham's Vegetable ound to make weak nerves "-Mrs. ALBERT SULTZE, 603 d St., Winons, Minn.

How often do we hear the expression t sleep, "I am so nervous, I can-t sleep," or "it seems as though I suld fly." Such women should profit Mrs. Sultze's experience and give famous root and herb remedy, E Pinktan's Vegetable Com-

forty years it has been overcom-ch serious conditions as displace-inflammation, ulceration, irreg-ties, periodic pains, backache, dis-

time to simplify her means without making them one aided or incomplete. For example, from these groups the housewife who has been serving bread, potatoes and rice or hominy in one meal will see that one or even two may be left out without omitting any important neutrient. They will show her that a custard that is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, and that a child does not need milk at the same meal with nad been served, and that a child does not need milk at the same meal with an egg or meat. It will suggest that baked beans or other legumes or thick soups made of legumes are substitutes for meat rather than foods to be

eaten with meat.

If by studying these groups the housewife finds that she has provided tisue building protein (group 2) and the necessary though small amount of tissue building materials and body regulating materials (group 1) she may safely build up the built of the diet from any materials from the other groups that seem economical, wholesome and appertizing eaten with meat.

and appetizing.

This method of planning prevents substituting one food for another which has an entirely different use. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

THESE GOOD TIMES.

People Have Many Luxuries of Late Years.

"Have you ever thought of the act," said the middle-aged man who always takes the same table in a lfttle 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 was obliged to use a crutch for 14 months. In Sept., 1966, Wr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I defi with the most satisfactory results and to-day I am as well as ever in my life. Yours sincerely.

MATTHEW x BAINES.

that as regards inventions and discoveries the last twenty-five years are the richest and most momentous in all the world's history? Of course you haven't. We take all such things so lightly. When I was a boy we had no motion pictures to entertain us. and the only amusement we had was to be taken occasionally to a dime museum or a Punch and Judy show.

"Just think or waat tre children now have compared to that. We used to ride in dingy horse cars, with straw on the floor in winter and 'a wanges, lemons, &c., bananas melons &c. little stove in the corner. And it was little stove in the corner. And it was impossible to read in those cars by green peas, beans &c., tomatoes, squash, &c., pot heros, or "greens." pototoes and root vegetables. let me give you a list of a few things that make for our comfort, convenience and entertainment to-day-all of which have come to us within a quarter of a century. Here they are:

"The electric light, the telephone. the automobile, the electric car, the motion picture, the phonograph, the airplane the subways the tubes under the rivers, the typewriter, duplex telegraphy, wireless telegraphy, the airbrake, the typesetting machine, the color press, sanitary plumbing and a bathtub in almost every home, antiseptics and marvelous advances in photography. Now, my friends, think this over and you wil lbe amazed how much farther advanced this generation is and what comforts and advan-Ptages we enjoy to which we give ed little thought. Surely we have reason to be thankful.

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. recommended them to several of my friends who have also used them with beneficial results. The Tablets are a mild but thorough. laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Share and Share Alike.

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

A woman communist was holding forth, asserting that all were equal and all wealth should be divided equally. On this a man in her audience prduced coins amounting to about a dollar and one-half from his pocket. "I agree with you," he remarked. "You have convinced me." Turning to a bystander he asked him to change one of the pieces for him. He obtained two notes.

leacing the lady orator, he said: This is all the money I possess. will halve it with you," 'and he held out the seventy-five cents. She had to take it, and was about to commence her oration again when her questioner continued: "No, no. How much have you in your purse? We must now divide that, since we are to share equally in our wealth." Reluctantly she produced her purse. It was opened and found to contain twenty dollars. The man pocketed ten dollars of this ,thanked her for her interest

ing lecture and withdrew. Minard's Liniment Gures Distemper

Seven Stages of Marriage.

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

First, there is the period of sentimentalism, which comes to all healthy-minded boys and girls; it is the first stirring of new desires for a new and splendid life.

"Second, there comes the ros period, which is a more advanced than of purely sentimental.

Complete School Set--25 Pieces FREE TO BOYS AND GIRLS This outfit contains: School Case. Japanese Pencil Box. Special Drawing Pencil.



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other.

py recollections."

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will sell just 30 packages of our lovely embossed Hallowe'en, Birthday and Xmas Postcards at 10 cents a package lovely cards in each package). Send us your name and we will send ou the cards to sell. When sold send you the cards to sell. When sold send us the money and we will send you the whole outfie. -Address:

Dept. 56, TORNOTO

"With the third comes disillusion. | ly set add whites of two eggs, beaten 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. milk and flavoring. "The fourth is the period of pati-

ence. Each has got to adapt himself and herself to the new view of each "Fifthly, there is the period of reformation. The callow ideas of youth quite similar to the making of leathfade away and the real man and the real woman emerge. "The sixth period is a period of

contentment; each has become vital to the other. "Lastly, there is the period of romance. We have been married sixty years, and we can often see more romance in looking back than in looking forward. The best rises to the mind, and we can dwell on many hap-

Minard's Liniment Cures, Colds, etc.

TIMELY RECIPES INDIAN PUDDING.

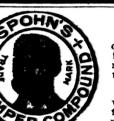
An old-fashioned Indian pudding erved with cream is delicious enough for the veriest epicure. Here is a long-tried rule: Mix four cupfuls of scalding milk, a cupful of molasses. two level tablespoonfuls of sugar, a quarter of a cupful of cornmeal, a tablespoonful of flour and a little salt.

until stiff and one cup chopped nut meats. Turn into mould first dipped in cold water and chill. Serve with a custard made from the yolks of the eggs, sugar and a few grains of salt, PASTES.

Practically all fruits may be used in making pastes, and some of the best flavors are obtained by mixing the fruits. The method of making is ers. The fruit pulp is boiled down, sugar added, and the resulting mixture partially dried.

Start the fruits boiling with a little water: cover them tightly, and steam slowly until enough moisture collects to allow them to cook slowly without burning, until soft. Rub the cooked pulp through a sieve, return to the fire and cook until it is very thick. Weight the pulp, and add half its weight in sugar. Then boil until the paste is so thick that it will not run together immediately when a spoon is passed through it. Dry as fruit leather is dried, cut in fancy shapes, dip in sugar and pack away. Fancy pastes and bonbons are made by adding finely cut citron and candied peel, or by arranging different pastes in layers when nearly dry, cutting in half-inch strips and drying more thoroughly.

This Being of mine, whatever it really is, consists of a little flesh, Let this mixture simmer over the little breath and a part which govstove for about half an hour, stirring erns.—Marcus Aurelius.



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. To prevent the trouble the same must be done. SPOHN'S COMPOUND.

will do both—cure the sick and prevent those "exposed" have completely disappeared in time, from having the disease. Sold by your druggist or the The Chilkats are fortunate people. manufacturers. Spohn Medical Co., Mfrs., Goshen, Ind., U.S.A. What would many give to hear

often enough to keep from burning and lumping. At the end of this time stir in a cupful of cold water, turn into a baking dish and bake for two How Suicides Came to Be Intern-

STUFFED HAMBURG ROAST. Two pounds Hamburg steak, one

teaspoonful poultry dressing, two teaspoonfuls salt. Mix well and form into loaf. Remove the centre and fill with any desired dressing, covering stuffing with meat. Brown each side of loaf in hot pan. Add a little water. Put thin slices of onion on top of loaf, cover and bake thirty or forty minutes. Remove the loaf from pan, add water enough to brown gravy to make two cups, four tablespoonfuls flour and one-half teaspoonful salt.

SPANISH BEANS.

One and one-half cups red kidney eighth teaspoonful soda, one small pepper, two ounces fat salt pork, two teaspoonfuls salt, one small onion. Soak beans over night, drain, cover for eight or ten hours. MAPLE SPONGE.

water ten minutes. Put two cups minutes. Pour syrup gradually on ground, pity suggested that the next soaked gelatine. Cool, and when near- most holy spot was the ground near

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ed 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. Christianity with its higher code of morals, taught the wickedness and cowardice of selfmurder, in the strongest terms. When consecrated churchyards were set apart as the resting place of the Christian dead, it was felt that those who died in deadly ain. in flagrant rebellion against their Maker, had cut themselves off from the faith, and had heans, one cup strained molasses, one- 1 no right to await the resurrection with faithful Chirstians. . They were believed to have put themselves out of society, and to have forfeited their right to share its burial privileges. In with water, add soda, boil fifteen min- those early days, before churches utes, drain. Add diced pork, strained could be built, it was the rule to and stewed tomato, seasonings, and preach and conduct divine service at water to barely cover. Simmer gently the cross-roads. Wooden and afterwards stone crosses were erected to mark the situation where services Soak two tablespoonfuls granulated would be held. Some of these have gelatine in one and one-half cups cold ben preserved to this day, being memorials erected to the dead, or dedicabrown or maple sugar and one-half tions of thanksgiving. Since suicup hot water in a saucepan, bring to cides might not be buried in the the boiling point and let boil for ten churchyard or other consecrated

CROSS-ROAD BURIAL.

comfort.

the old cross, where service had the been held, and was then held. They buried the poor suicides there, be they were unwilling to relinquish hope for them. Afterward, for the sake of greater publicity, the gibbet and the gallows were set up at the crossroads, and criminals were buried beneath them after their execution. The law decreed that sufcides should lie with these criminals, in order to mark the detestation in which the crime of selfmurder was held. And so what was once a signal of Christian hope and charity, became a legal indignity imposed upon the dead bodies to mark an immensely serious breach of the law of the country.

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 "June drop" of oranges and many simila rlosses may be due to similar causes.

Measure Your Neck **Before and After Taking**

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

Send for free booklet, which explains what this midicine has alhow you can successfully treat

THE MONK CHEMICAL CO. LIMITED. 43 Scott Street, Toronto, Ont.

WRITE FOR BOOKLET "E."

Preserving Chilkat.

The phonograph has been requisitioned to preserve the tribal language and the folk songs of the Chilkat Indians of Alaska. Louis Shotridge, a member of that tribe, has recently returned to the United States after an absence of four years in Alaska, in the interests of the University Maseum at Philadelphia, Pennsylvania. He has devoted this time to studying the language, traditions and customs of his people, as well as to collecting their folk songs. Shotridge is the first Indian sent on such an entyprise. He has brought back many phonograph records of the Chi'kat folk songs and ceremonial chants. Some of these will be transcribed into musical scores. The Chilkats are rapidly taking on the ways of civilization, and, but for the work of Shotridge, their native folk songs might have completely disappeared in time. phonographic record of English as spoken in the days of Chaucer, or the French of Moliere's time.

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



New, marvelfous way to treat Catarrh, Coughs and Colds. Stops it ALMOST INSTANLTY—banishes that filthy, obnoxious hawking, spitting, sneezing, foul breath and its disgusting habits. You can stop it over night. TEST IT AT MY RISK. FIRST TRIAL CONVINCES. No clumsy apparatus, no Inhalers, Salves, Lotions, Sprays, Harmful Drugs, Smoke or Electricity. Nothing of that kind at all. SOMETHING NEW AND DIFFERENT, something delightful and healthful, something INSTANTLY SUCCESSIVI. It is IAN-O-SIVI FOR CA healthful, something INSTANTLY SUC-CESSFUL. It is JAN-O-SUN FOR CA-TARRH, COUGHS AND COLDS. You will say it is WONDERFUL, AMAZING, so quickly, so surely does it act. DON'T WASTE TIME and money on useless methods. Don't suffer. TRY JAN-Omethods. Don't suffer. TRY JAN-O-SUN AT MY RISK. Write to-day before you do another thing. Just say, "I want to try Jan-o-Sun." Address: JAN-O-SUN

59 St. Peter St. Dept. 122. Montreal, Que.

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. The story is that, at the time of the German offensive, the dogs' keeper stayed in the rear to the very last moment, waiting for his dogs to return with an important message. When they did come, the only way left to escape capture was by swimming the Marne, and the man could not swim, so he coupled the dogs together, and clinging to their iron chain, was dragged across the river by them, the three escaping unhurt in spite of a rain of bullets from German

Minard's Liniment Cures Garget in

Chemistry.

The interest in chemistry and chemical products has greatly creased in Canada owing to the fact that this country had been forced by the war to depend upon its own resources in this direction. The following uses are described to these chemical products: In making soap and name puip, mercerizing cotton and purifying mineral oils, caustic .s useu; soda ash is necessary in the manufacture of soap and glass; silicate of soda (better known as water glass) is utilized in the matufacture of soap and in dying and printing calico, finishing cotton goods preventing wood rot, bleaching jute nd preserving eggs.

Minard's Liniment Cures Diphtheria

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CARM FOR SALE-200 ACRES ON THE Grand River, 10 minutes' walk from Caledonia station and schools, including Collegiate; clay loam, slightly rolling, a acres bush, balance clear; 2 frame houses, large barn 40x100, stone Toundation, nice assortment of fruit; can be sold with or without implements. Bargain for quick sale. J. D. Biggar, 25 Clyde Block. Regent 934: Hamilton, Ontario.

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10-ACRE FRUIT FARM, NEAR LAKE Ontario. All planted with the best varieties of peaches, plums, grapes and cherries; good soil; frame house. For particulars, apply Box 3, Winona, Ont.

MISCELLANEOUS

A DOMINION EXPRESS MONEY Order for five dollars costs three

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FARMS WANTED TO RENT.

WANTED-FARM TO RENT. GIVE particulars, rent, etc.; also apple orchard wanted for this full or more, with apples on it. P. O. Box 65, Hamil-

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WANTED-GOOD HOUSEKEEPER OR W capable girl; excellent home and highest wages paid. Apply to Mrs. A. H. Tallman, 80 Delaware avenue, Hamilton, Ont.

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FOR SALE-CHOICE CITY HOTELcentral; select; handsomely furnished; modern; hot water heated; doing a profitable business; a gilt-edged proposition to a practical party to acquire a sound, wellequipped business property at a right price; seventy-five thousand; on easy terms: 1-3 cash: balance, if desired, extending over 8 or 10 years; will not lease. Apply Box 751 Postal Station F. Toronto.

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FOR SALE-HARNESS BUSINESSgood farming country; stock small; no opposition; Landas leather machine, in order; good reason for selling. Box 37. Otterville.

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Finest grades; quality guaranteed; 8 Row Yellow Flint, White Cap, Yellow Dent, Golden Glow, Early Bantam Sweet, Large-eared Eureka Evergreen sweet corn; also perfection Bean and Timothy Hay. Buy direct from grower and save the middleman's profit. A. J. McLennon, R. R. No. 4, South Woodslee, Ont.

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The Apocrypha.

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All the Old Testament apochrypha. 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 " many Bibles. They are always included in the so-called Septuagint, a version of the Bible Lised by the Greek church.



THE HOUSE OF PLENTY

warms o Beautifi which will