

Worth Knowing.

Bread should be linted dowly and for if you want good, event bread. If it is baked too quickly it is apt to be

When applying an ice bag a cloth should be wrung out of ice water and put between the patient's head and

Greens should be cooked in their own moisture in the double boiler or plunged into rapidly boiling water, salted, and cooled and drained while they are still green.

Strawberry shortcake with whipped cream colored green with pistache is attractive to behold and very good to eat. Never make strawberry shortcake with cake dough. The original shortcake mixture is like baking-pow-der biscuits. Roll out the dough and divide in equal parts. Spread one piece with butter, and place the other piece on it. Bake and while hot gently separate the two pieces. Spread with the berries and put together egain. Serve with cream.

Minard's Liniment Gures Burns, Etc.

TO LIVE 1,000 YEARS.

All That is Necessary is to Eliminste Waste and Disease.

"Death under fifty or sixty years of age has got to pre prevented or svoided." said Sir George Newman recently.

Why should Sir George Newman limit the age at sixty? Seeing that sanitation and preventive medicine have already raised the expectation of life at birth from forty years in 1834-64 to fifty-one in 1908-18, why should not people live normally to be 100 or even more?

Minard's Liniment Co., Limited. Dear Sirs,—I had a Bleeding Tumor on my face for a long time and tried a number of remedies without any good LINIMENT, and after using several bot-ties it made a complete cure, and it heal-ed all up and disappeared altogether. DAVID HENDERSON.

Belleisle Station, Kings Co., N. B.,

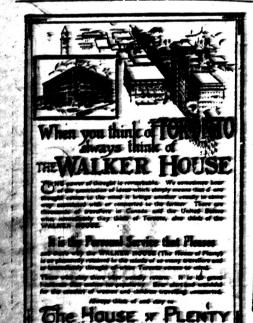
Scientists have agreed that there is nothing to prevent the human tody living and enjoying the full pessession of its faculties for an indefinite number of years, 500 or even 1,000. providing disease and waste matter are eliminated from the frame.

Old age is caused by the gradual secumulation of calcerous matter in the veins, tissues and joints, which leads to stiffness, ossification, and eventually death, through the organs being unable to work. Eliminate this waste matter, which is mainly lime, and, if scientific theories are true, there is little to prevent you living indefinitely.

This is the base of all the methods of prolonging life, such as the drinking of sour milk, which has the property of hissolving time in the system. The apple, which curiously enough, is popularly supposed to be the "tree of life," the fruit of which Adam and Eve "did eat," has similar properties. Buddhist monks in Thibet undoubtedly live and retain their faculties to abnormal ages, which they attribute to their sparse diet of apples and rice. Hindu fakirs declare that youthfulness of body, not of mind, can be retained to any age by frequent baths in diluted glacial acetic acid. These scid baths certainly dissolve lime and calcerous matters, and it is noteworthy that apples contain a quantity of this chemical. Michael Angelo, who died through an accident at 93, declared that eating grapes and drinking wine was the secret of his unimpaired vitality.—Tit-Bits.

Minard's Liniment Cures Dandruff.

DROPPING A PICTURE. Traveller (on the aerial express)-"I Mrs. M. Summers, Box 8, Windsor, Ont. want to drop into Hickville, conduc luctor (looking at watch)- 'Strap your parachute—you walk the plank seven minutes!"—Buffalo Express.



Sevel by Lieir Borne An Australian Angae writing he lescribes the sagacity of his horse:

"It's wonderful how a horse know danger in the flying line. During a recent make in Possettingthy horse, for instance, multistance exactly the difference between a shell coming over and one likely to land anywhere near our lines. When the buzzing of a Taube's engines had been heard in the distance I've inform them to stanged and gaze for miles before they halted. But when the machine disred they returned back. I've natrolled close to Turkish positions on dark nights, and although there has been no sign of a hidden enemy my horse has suddenly reared, and the next second a shot from a nearly bush or cactus grove has runz out. Many a Light Horseman owes his life to this strange instinct amongst the Survey of Industrials by Do-Boofed Australians."

Gafarrhal Deafness Cannet Be Gured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrha Deafness, and that is by a constitutional remedy. HALL'S CATARRH MED-ICINE acts through the Blood on the Mucous Surfaces of the System. Catarrhai Deafness is caused by an inflamed con-Deafness is caused by an inflamed condition of the mucous lining of the Eustachtan Tube. When this tube is inflamed you have a reimbling sound or imperfect hearing; and when it is entirely closed. Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Singless. f the Mucous Surfaces.
ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDI-

All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

TIMELY RECIPES

A DISH OF PINEAPPLE. Pineapples are coming into market, and by the middle of the month the small strawberry pines will be pientiful, of good quality and not expensive; the larger variety is not likely to appear in quantity before June. In using this fruit as a dessert it must be remembered that in a dessert it must be remembered that in combination with gelatine pineapie must siways be cooked. The fruit contains a powerful ferment which, like pepsin, will digest and liquefy gelatine and other itrogenous products. A very pretty way o serve the fresh fruit is here illusnitrogenous products. A very pretty way to serve the fresh fruit is here illustrated. After brushing, washing, and drying, the pineapple, rind and all, is haived lengthwise, then cut into sites with a sharp knife; the edible portion is cut out, leaving the rind intact; each sites after eveny is carefully sites. cut out, leaving the rind intact; each silce after eyeing is carefully slipped back into the rind and all put together on a serving dish, so that apparently it has only been haived, the central portion of the crown, when in position, adding the finishing realistic touch. RAISIN PUFFS.

Cream one-half cup butter, add two tablespoons sugar, two well-beaten eggs, one cup milk, two cups flour with two tesspoons baking powder and one-quarter teaspoon salt, one cup seeded raisins cui in small pieces and dredged with one-quarter cup flour. Turn into buttered cups. Steam about 35 minutes. Serve with plain or whipped cream, sweetened and flavored to taste.

OXFORD JOHN. an old English dish that offers a simple but delectable way of reheating cold meat. Brown well in butter slices of cold mutton; add one cupful of rich stock or cold gravy, and a teaspoonful of current jelly, and season with sait and pepper, onion juice, a little silver for be educated five minutes. Arrange the slices on a value." platter, surrounding a low mound of mashed potatoes. Strain the gravy over all. Garnish with a large spoonful of

jetly. TONGUE FILLETS. Cut cold boiled saited tongue in pieces about four inches long, two inches wide and half an inch thick; dip in meited butter and in flour; for eight fillets put two tablespoons of butter in the frying pan and when hot put in the tongue; brown on both sides; remove and put one more spoonful of butter in the pan and add one teaspoonful of flow, stir until dark, brown, then add one cupful of stock, half a teaspoonful of minced parsiey and one cupful of stock, half a teaspoonful of minced parsiey and one tablespoonful of lemon juice; let this boil up once, then pour over the tongue, which has been placed on thin strips of toast; garnish with parsiey and serve. This is one of the best ways known for serving left-over tongue. Fresh tongue may be used, in which salt will be re-

FRIED APPLES. Slice some ripe tart apples; beat two eggs, sweeten and flavor; dip in the slices of apple and fry in butter. CRACKED WHEAT.

Stir a teacup of cracked wheat into a quart of boiling water; boil slowly one hour; serve with sugar, cream and nutmeg. CHICKEN CROQUETTES.

Take one cold boiled chicken, chop fine, with a teacup of suct, two prigs of parsley chopped, one nutmer grated, a table-spoonful of minced onions, the juice and grated rind of one lemon, sait and black peper to taste; mix all well together; add dip in beaten egg, and roll in pounded cracker; fry in boiling lard.

TET a woman esse your suffering. I went

you to write, and let me tell you of my simple method of home treatm nd you ten days' free trial, postpaid, and put you in touch with women in Canada who will gladly tell-what my method back constipation opains done for them. If you are troubled with weak, tired feetings, headsche, backing down pain in the sides, regu-larly of tregularly, bloating, seme of fallinger misplacement of internal orins, nervousners, desire to cry, tation, hot flashes, dark rings the eyes, or a loss of inten life; write to me today for free trial

Worth Knowing.

To keep irons from rusting rub with mutton fat and wrap in brows paper before putting away.

if a pan of water is placed in the lower shelf of the oven when cake or bread is nearly baked it will be found that the cake or bread will brown nicely on top without becoming burned or too hard upon the bottom.

Bits of soap are often a nuisance when they are kept for future use. They may be used up at once if they are put in a little dish as in a fellymould and boiled with a small amount of water for two minutes, then cooled in the mould. A cake of soap in which these bits are held together will result.

He-Dearest, we must be practical and economical these times. Can you make bread? She Yes, Harry; can you furnish the dough? Baltim

get a trial treatment of the world's greatest remails. Shelife's fire bottle mixture; nething ever made like it... One bettle gives instant relief, while the other drives the polese from the system. Something different; no berning or nerve wrecking drugs, but two scientific mixtures that will conquer any of the above aliments. Don't healthte a minute longer. Fill out the blank below and get started on the read to health.

W. K. Black D.

Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time. NAME.

started on the read to health.
W. H. BUCKLEY MARUFACTURING CHEMIST.

minion Bureau.

CANADIAN CHEMICALS

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At the request of the Honorary Advisory Council for Scientific and Industrial Research, the Dominion Bureau of Statistics has completed a special survey and directory of Canadian chemical industries. The chemist in charge was Mr. S. J. Cook, B. A., A. I. C., who has introduced the report with a summary of war-time enterprise and accomplishment which must cank as a groud chapter in the development of Canadian industry. Mr. Cook refers to the construction of Shawinigan Falls, Quebec, of one of the largest power reservoirs in the world, second only to the great dam at Gatum. A city with great industries has grown up at Shawinigan and there the world's largest glacial acetie seld plant was built for war purposes, an entirely new process beginning with acetylene having been developed. \ Other important chemical products of the highest grade are being manufactured there, while two plants at Shawinigan are producing aluminium.

Mr. Cook reports that salicylic acid and its derivative, aspirin, are now made in Canada, as are many other chemicals. New disinfectants, closely resembling former German products. are appearing from Canadian factories. Mr. Cook enumerates a large number of other chemicals which are now being produced in Canada for the first time in commercial quantities. He also tells of the expansion in lines of production which, before the war. were comparatively undeveloped.

But public support is essential if this progress is to be maintained. War demands built up in Canada a number of large industries employing thousands of workers and unless many of these factories can find peace-time uses for their products much of the advantage will be lost. Already many of the plants operated by the Imperial Munitions Board have been closed and, in some instances, dismantled, but there remain many plants in the chemical field which are still operating and there is room for others. Mr. Cook points out that "in every land where an industry of national imporpepper, onton juice, a little chopped persitance is to be built up, the people must be and a blade of mace. Simmer for be educated to its importance and

ON THE MARRIAGE DAY

Romance ceases and history begins -and corns begin to go, too, when 'Putnam's" is applied—it takes out roots, branch and stem. Nothing so sure and nainless as Putnam's Corn and Wart Extractor; try "Putnam's," 25c at all dealers.

WORTH KNOWING.

Custard can be sweetened with honey.

Apples will form the basis of almost

any jeily. Use raisins for sweetening in rice

pudding. Any banana can be used for making

marmalade.

Good salads can be made of potatoes and saltmackerel.

Uneaten cereals can be used to Famous Relic Caused Internathicken soups, stews or gravies.

If it is necessary to keep beef for a

time immerse it in sour milk. When mixing thickening for gravies, tomatoes or soups, beat it with a fork instead of a spoon. It will take only

about one-third of the time and the

thickening will be much smoother. Keep a clean scrub brush on hand. and after using baking board put it under faucet and scrub it, also the roll-

ing pin. Takes less time and is much easier than the old way. a veal forequarter and neck are cheaper than and fully as good as the

hindquarter used for roasts and cutleas. A meat pie of rump steak and other inexpensive portions of beef is more juicy than if made of the drier roast. Dry ends will be left from roasts, steaks and chops. These, however

juiceless, may be made into delicious mixtures with the use of savory sauces and a few slices of ham, bologna or tongue, or a slice or two of each minced fine.

worth two friezes on the wall.

entage of our prices.

193 King St. East

SEND CREAM

To the Best Market in Canada

We supply cans and pay express. Cash weekly.

Don't let your biggest month go by without taking

H. N. CARR & CO., Ltd.

ROSE TO OCCASION.

Agent to Force a Sale.

the enterprising land agent, and probably no feat performed elsewhere in the line of selling lots has been equaled by the exploit of one Los Angeles man. He had almost convinced a customer of the merits of a certain suburban lot, but the prospective client demurred at signing a contract without seeing the property for which he was expected to pay out his good

It was a little too late in the afternoon to gd out, and, besides, the sgent's motorcar was in use, but it would never do to let his customer get away, as he might change his mind or see some other agent.

The selesman had an idea. A show man's captive balloon makes frequent secents just a few streets away from his office, rising to the end of a 1,000 foot cable, and carrying passengers at \$1 a trip.

With a little urging the custome was induced to make the aerial journey, and from that sititude the agent pointed out the suburban lot, showing its exact location and the character of the gurrounding property quite as clearly as if they were actually on the ground. Before they descended the man had agreed to buy the lot.—Los Angeles Times.

Wood's Phosphodine The Greent English Remedy.
Tones and invigorates the whole nervous system; makes new Blood in eld Voime Ourse Nervous Debilitis, Mental and Bratis Worry, Despondence, Loss of Recorps, Picipitation of the Hunt, Butting Hunters, Price \$1 per hox, six for \$5. One will please, six will cure. Sold by all drugglists or mailed in plain play on receipt of price. Now you mailed market from The Woods.

A Horse's Devotion.

A touching story of a horse's devotion to its master comes from a Bed-Tordshire correspondent.

Soon after the war broke out a horse, of which the owner (a farmer) was very fond, was requisitioned by the military authorities, and was shipped to France. For two years it played its

the great war, but apparently it never fergot the master at home. Eventually it was sent back to England, where it was re-offered for civilian purposes. Curiously enough, it was another Bedfordshire farmer who bought it. There some chord in the animal's memory seems to have been touched. and its thoughts turned toward its old master. Anyhow, the original owner was disturbed one night by a noise at the garden gate, accompanied by

the stamping of hoofs. Going out, he saw a horse poking its head over the gate. He tried to frighten it away, but the animal would not budge, and on going up to it he was amazed to find it was his old horse

All the horrors of war, coupled with two years' separation, had not killed the animal's love for its old master. and at the first opportunity it had made its way home. London Chron-

Minard's Liniment Retleves Neuralgia

BUDDA'S TOOTH.

tional Strife.

To make full confession I had not even known that the festival would fall in the year of our visit, not to speak of the very week. Of course every lover of the East has learned that the Sacred Tooth is exhibited every five years for the adoration of the faithful, and that in the interval neither prince nor millionaire can obtain a glimpse of its venerable form. Both the official head of Buddhism in Ceylon and the British representative would have to agree to any departure from this usage, so the rule For salad, croquettes, souffle or loaf, is strictly observed. One instinctively asks why the relic is so sacred. The history of this solicitously guarded treasure, as narrated by the Shinhalese priests, may be summarized as follows: When Buddha's body had been burned, an Arahat took an unconsumed fragment from the ashes of the funeral ovre. This was the left canine tooth, destined to become the most celebrated of the many wondrous relics of the founder of the faith.

After a rather peaceful existence of about eight centuries in the southern peninsula it became so famous and created such disturbance in the Brab-A piece of ice in the refrigerator is manic community that it was surrentitiously carried to the Buddhist cen-

Hamilton. Ont

Novel Method of Hustling Land

America is known as the home of

Helps a Weak Throat Strengthens the Voice **Cures Branchitis**

re in Ogion concealed in the trees the Princess Kalings. Naturally

much a priceless possession proved the

at least, it was carried back to the

matriand of India, but was recovered by Prakrama Bahu the Third, to beme once more the source of untoid blessings. F. B. R. Hellems, in Asia

Fashfon's Pet

For giorified sports wear.

One finds it accordion pleated.

And the latest is tucked from her

Inch-wide are the tucks, and eac

The separate skirt.

piped with metal cloth.

to belt.

It's often transparent.

By Breathing the Healing Balsams of Catarrhozone You Are Cured Without Using Drugs

You breathe through the Catarrhozone inhaler medicated air that is full of healing, soothing baleams full of piney antiseptic essences that resemble the air of the pine wood in the Adirondacks. This piney vapor has a truly marvelous action on weak throats. It brings strength and health to the bronchitic, stops that backing, irritating cough, prevents hoarsen and difficult breathing. You can't ple on earth more beneficial than Catarrhozone. It means heaven on earth to the man that has had bronchitis, catarrh or throat irritation. You will realize this the first time year use Catarrhozone which is a scientifie preparation specially designed for diseases of the nose, throat and bronchiai tubes. Get the large eize, it lasts two months, costs \$1.66; medfum size 50c; sample size, 25c. All storekeepers and druggists or the Catarrhozone Co., Kingston, Canada.

PROTECTS RIRDS

Quebec Sets Aside Perce Rock for Them.

It is an encouraging sign when grave politicians like those who make up the Parliament of Canada and the Legislatures of Ontario and Quebec forget poli-ties and consider the welfare of the birds ties and consider the welfare of the birds of the air. The latest move on behalf of these neighbors was the passing of an act by the Legislature of Quebec, estab-lishing Perce Rock, the bird ledges of Bonaventure Hand, and Bird Rocks, in the Gulf of St. Lawrence, as sanctuaries for the sea fowl that abound in that regfor the sea row! that abound in that reg-lon. In 1918 the Federal Government set aside Point Pelee as a national park and bird sanctuary, and in 1917 the Ontario Government set apart two Crown game preserves or bird sanctuaries, one located Collingwood, known as Peasemarsh near Countywood, known as Peasemarsh farm, and the other a district in Essex County, surrounding the farm of Jack Miner, who has, perhaps, the largest private sanctuary in the world. Perce Rock, which because the county of the which forms one of the scenic features the Bay of Chaleur contains about six square miles and rises to a height of over 300 feet, and upon its ledge thousands of 300 feet, and upon its ledge thousands of birds nest without fear of molestation. This rock, it is believed, is the sole refuge of the herring gull and the created cormerant. The Bird Rocks, a group of three, balong to the Magdalene Islands, and lie 100 miles off the coast of Gaspe.
On Great Bird, which contains about sevon acres, is situated the lighthouse, and here the auks, the Solan grosse, and kittiwakes in great numbers have their nests. Minard's Liniment for sale everywhere

The Coldstream Guards. The Coldstream Guards is a regi-

ment of feetguards in the British army, forming part of the royal household brigade. It is one of the oldest regiments of the British service, dating from 1659. In that year Gen. Monk, who, after the death of Cromwell, took sides with the Parflament and the army, organized the regiment at Coldstream, a border town of Berwickshire, Scotland, whence the name of the regiment, and marched with it into England. It has seen service in every British campaign of any magnitude, and has emblazoned on its regimental colors the names of many of the most bril-

Sean Well the "Printed Age."

lient victories of British arms.

The fact that we read from a printed page sometimes gives a false authority to the thoughts expressed. We remember Rhinegelder's indignation. in Kipling's story, when he discovered that Yates had lied "in print." "Have a vigilant eye," says Milton, "how Bookes demeane themselves as well as men, and do sharpest justice on them as malefactors."



The Arenga. The arenga palm is useful.

It grows wild in the Dutch East In-

black fibres. These fibres appear after the old eaf-stalks have withered The arenga fibre is known by the natives as "gemutu," "duk" and "ind-

Its leaves are covered with long

They use it for roofing their huts. in making small stiff brushes, in touse and boat building.

The arenga fibre has great resistance to water, and consequently makes fine coating for submarine cables. Sago and palm sugar are also obtained from the arenga, which is known to betanists as "Arenga saccharifera Labill."

A THEORIST.

"I always believe in saving something for a rainy day." "How much have you saved?"

"Oh, I haven't saved anything, but I believe in it."

ISSUE NO 36 1919

HELP WARTED PERALE

ADJES WANTED TO DO PLAIN and light sewing at home; whole or spare time; cood pay; work sent any listance, charges paid. Send stamp for articulars. National Manufacturing Company, Montreal.

PARMS FOR SALE

farm send me full partic IF YOU DESIRE TO SELL YOUR have description published in my new Catalogue. No expense whitever to you unless I effect a sale. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

200 ACRES, FINE STOCK AND grain farm, in Township of Arthur County of Wellington, with bank barn 55 x 60, stone house, good orchard, well watered and fanced, 20 acres hardwood bush, and 139 acres under cultivation, for further particulars for price, terms, etc. Apply to Jas. McMillan & Sons, Mount Forest, Ont.

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington,
Lot 17, Concession 7, all ofessed and in
good state of cultivation, new bank barn
55 x 65, log house, two good wells, one
mile from Rentiworth, church, school,
and good market. For particulars, apply
to owner, Mrs. Lynch, 600 Crawford St.,
Toronto One

OR SALE OF ACRES, NORTH HALF lot & concession S. Beverig, 5 miles cast of Galt, good buildings, well fenced, well watered, in first class condition. Bell phone, rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 6.

FARM FOR SALE/50 ACRES, NORfolk County; 114 miles from Simcoer close to electric railway; soil sandy loam, all clear; natural drainage. Frame house two barrs, two good wells, spring creek rune through farm; will self with or without stock; implements and crops. This is a first class farm, in a spiendid district. district. Dicher Bros., R. R. No.

MPROVED GRAIN, STOCK, FRUIT, Garden lands, Norfolk County, Get description. W. Lewis, Waterford, Ont. MUSKOKA PARMS ONE TO TWO hundred acres; wood, stock, or crops. Farms, buildings, fences, Address Realty Co., Box 529; Bracebridge.

300 ACRES EXCELLENT GRAIN. ACRES EXCELLENT GRAIN, Stock or Dairy farm, Exquesing of Halton County. Very fertile. Three stations within three miles. Will self half separately. H. G. Cockburn & Son,

200 ACRES LOAM-LOT 20, 5TH CON-CESSION, Township Ernesttown, county Lennox, between Napanee and Kingston; 129 acres cultivated, 60 pasture. Allegston; 120 acres cultivated, 60 pasture, 20 small timber; never failing creek crosses farm near buildings; three good wells; two good dwelling houses; garage, drive-house; three large harns, stabling wells; two goal the large barns, stabling drive-house; three large barns, stabling 33 head cattle, 9 horses; new granary, two pig pens, chicken house; school opposite corner; rural mail; telephone. Benjamin Davis Estate, Odessa, Ont.

38 ACRES ALL PLANTED TO FRUIT. except about 5 acres. Good 10 roomed te, large barn, stable. Fruit house and nouse, large barn, stable. Fruit house and poultry house. Soft and hard water. Best of soil. On Harton Street, eight miles from Hamilton, seil as a going concern. Horses and implements. Ill health reason for seiling. Will take some exchange. Address P. O. Hox. 65.

MESCRILANGOUS

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen you

FOR SALE FIFTY SHARES ANZAC Gold Mines at sixty cents each. W. Hyland, 217 George street. Toronto.

THE MARKET PLACE

AUTO OWNERS AND MECHANICS Don't lose your tools. Stamp your name on every one and be insured against loss and theft. We will make for against loss and thert, we will make for you a stamp hand cut from tool steel; it will last a life time; send 39c for each letter of your name and 10c postage. If only your initials are required send \$1. Crown Stamp & Die Works, Waterdown,

HOME BUILDERS

Write for Free Book of House Plans, and information telling how to save from two to four hundred dellars on your new home. Address, Halliday Company, M. Jackson Street, East, Hamilton, Ontario.

BUSINESS CHANCES

TO LET—A BLACKSMITH SHOP AT Carluke; a good opening for a good tradesman; first class business stand. Ap-ply J. B. Calder, R. R. No. 3, Glanford

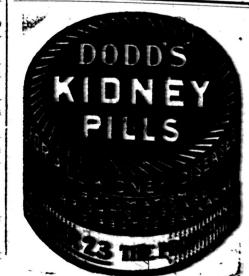
POULTRY WANTED. POULTRY WANTED, ALL KINDS.

hens alive 25 cents a pound, any kind, any size, no deduction for shrinkage. I pay express in Ontario. Samuel Lewis, 668 Dundas West, Toronto. EDUCATIONAL

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72 James St. N., Hamilton, Ont. Thorough courses Shorthand. Clerical, Bookkeeping and Secretarial, Ex-cellent opportunities for Public School teachers and High School graduates. For full particulars, rates, etc., send for free Circular "A." In estimating value, you must consider service, value, you must consider service, quality and price—not price alone. It is not so much what you pay; it is what you receive, that is vital to you. We give personal attention, individual instruction, and prepare our students thoroughly for superior positions. Write us to-day. New students en rolled every Monday.

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