POWER OF PREJUDICE.

Why People "Don't and "Can't Eat."

To a far greater extent than we admit, or possibly are aware of, man is governed by his prejudices. They cost him more than he knows, for a prejudice in an expensive proposition. In no other respect is this weakness so apparent as in the matter of food. During the reign of the food administration many people were perauaded or beguiled into eating things they and never eaten before and thought they "didn't like." "Fil try anything -once!" was regarded as a liberalminded concession to the unfamiliar. Yet our likings are almost universally matter of habit established by repetition. Few of us have taken kindly to caviare, avocado pears, or even olives, on first acquaintance.

When the use of wnale meat was first urged upon the public, people laughed and quoted:

He baited his hook with tiger's tails. And sat on a rock and fished for whales.

Whale meat is purchasable in many parts of Canada, but where is the steward or chef brave enough to place it on a hotel menu? Ac a matter of fact, there is nothing in the slightest degree objectionable to eye, nose or palate in whale steak, as those unprejudiced may quickly learn. It resembles corned beef—possibly a little less so, and broiled and served with sauce, either drawn butter or a

We believe MINARD'S LINIMENT is Mathias Foley, Oil City, Ont.

Joseph Snow, Norway, Me. Charles Whooten, Mulgrave, N. S.

Rev. R. O. Armstrong, Mulgrave, N. S. Pleare Landers, Sen., Pokemouche, N. B.

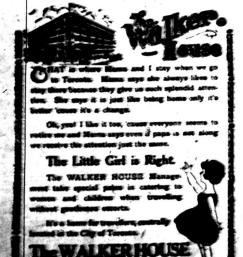
second helping, once we have overcome our dread of the untried. That this five minutes. Cool, turn into a jar mest will eventually be recognized as a food adjunct is indicated by two large canneries doing a good business on the Pacific Coast and the concessions granted to the syndicate supplying them.

The flesh of the shark is said to fish that "goes to the Caesar's dish," but its cannibalistic reputation, firmly fixed in the popular mind, is against Man's dread of the gastronomicsily untried is only equalled by his curiosity, which after all gets the better of his fears. Truly, he was a brave man who first swallowed a raw eyster.

Prejudice plays a large part in our food purchases. Take the case of Butversus Oleomargarine. Experts the former have been known to fail in ability to distinguish the two. yet we are willing to pay 20 per cent. more for butter than for the substitute. The prejudice against goods from storage helps bolster the cost of Hving. Were it not for storage fact fities butter and eggs to-day would be There's a Certain Way to Do It fuxuries for the very rich only. The public was recently reliably informed that storage eggs had proved fresher than fresh eggs. The rabbit would furnish food as well as fur if our "don't like" did not stand in the way. As a matter of fact, our "can : eat" "don't like' are mainly psychologstates fixed in habit and prejud-

Minard's Liniment for sale everywhere

There's nothing like a new dress to stimulate church attendance.—Baltinore American.



Worth Knowing.

Brown bread brewis is cold brown bread cut in small dice, covered with thin cream and stewed slowly for about an hour.

Strawberry tartlets are patty shells of pie paste filled with whole straw-berries and sweetened whipped cream.

Don't say to a salesman, "I want"this or that. say "Would you kindly show me"-this or that. When you lay stress upon his importance, not your own, you imply, of course, that he will be obliging. After that his ambition is to show you how thoroughly he has mastered the graces of

That useful friend of the house keeper, the chamois, has an amazing habit of stiffening after a bath unless it is given with great care. Wash a chamois in soft water to which has been added a little borax and enough soap to form a lather. Shake up and down in the water and rub very gently. Rinse in cold water, shake in the air to get out as much of it as possible, pull it out well and lay it flat until party dry. Now pull it through the hands several times and again spread out flat for further drying. Repeat this process several times and there will be little danger of a chamois ruined by drying hard and

On a Commercial Basis.

Gerald gave his grandmother a little gift for her birthday, and she said: Well, you are a good lad; I shall give you a nickel for yourself," to which the little chap replied. "But grandma, the present cost 15 cents."

KEEP CHILDREN WELL

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time, and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly-as it generally does-the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SUMMER DRINKS

Made at Home With Easily Obtained Material.

For making summer drinks provide a lemon squezer, a quart jar as substitute for shaker, an ice pick and an ice shaver.

Keep on hand a supply of sugar syrup and chocolate syrup, as they economize sugar by having it already dissolved, mixing quickly with cold

SUGAR SYRUP. Four cups of water and six cups of sugar. Boil for five minutes and can hot in sterilized jars.

CHOCOLATE SYRUP. Four squares of chocolate, oneeighth teaspoon of salt, one and threequarter cups sugar, one and a half

cups boiling water. Melt cholocate over hot water; add sugar and sait then pour on gradual-

ly the boiling water, stirring constantly. Stir until smooth and boil and keep in a cold place. ORANGE BLOSSOM CUP.

One cup sugar, two teaspoons of lemon juice, one and a half cups orange juice, one quart milk. Mix sugar and fruit juice together.

and add to the milk slowly to prevent resemble that of the sturgeon—the curdling. Serve cold with grated orange rind on top. These cooling beverages possess

real food value and should be part of rather than to supplement a hearty

AN APPALLING CONDITION

Invariably results when you use a cheap corn salve. Be judicious, use "Putnam's," for fifty years it has cured corns and warts that nothing else can touch. Ask for Putnam's Painless Corn Extractor only 25c at all dealers.

LAYING LINOLEUM.

Just Right.

When linoleum is first laid it should have a little careful attention, which will repay the owner. Linoleum is not intended to "wear forever," as a brick or stone floor might, but it does wear wonderfully, and provides a sanitary, artistic and durable covering at a moderate cost. When one takes into consideration the fact that it gets as hard wear as one's choes, one is easily convinced that only the best quality will pay.

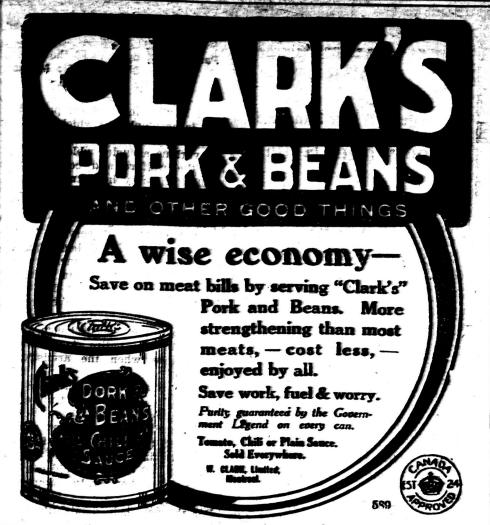
Linoieum should never be tacked to the floor; the cement which comes for the purpose of holding it in place keeps water from getting underneath, and increases its durability. A 12inch layer of the cement around each edge of the linoleum, firmly pressed to the floor and weighted down, will make watertight seams and edges.

Minard's Liniment Cures Dandruff.

South Africa Raised 150,000 Men

Thanksgiving services throughout the Union of South Africa, some held partly in English and partly in Dutch, emphasize the fact that in all war operations in Africa and overseas, the Union gave the services of nearly 150,-000 men, of whom 313 officers and 6,320 men were killed in action, 11.661 of all ranks were wounded, and 1,344 taken prisoner and 293 missing

The lowest guess was 5% per and the highest was 2,000 permis



Why Marry?

At a "husband's night" of a woman's club a feature of the entertainment was the answering by the men, on slips of paper, of the question. "Why should a woman marry?" and by the women of the question, Why should a man marry?" A prize was offered for the best answer to each of these questions. The best man's answer was adjudged to be this: "Because in that way a woman wins perfection"-a kind of doubleedged compliment to each sex. The woman's prize went to this answer: "I know no reason why a man should marry"—a bit of subtle feminine self-effacement that seemed so unusual in these days that it hit the awarding committee. The shortest answer given to the question, 'Why should a woman marry?" was, "Alimony." The longest was this: "Because character, not happiness, is the object of life; and in sacrificing her happiness by marriage a woman confers character on a man and wins it in greater measure for herself." A well-known artist wrote the question, "Why should a man marry ?" and opposite it simply drew a picture of a pretty girl. Another answer to the same question was, "To save that

Catarrh Cannot Be Cured

extra thousand on his income tax."

not reach the seat of the disease. tarrh is a local disease, greatly influenced by constitutional conditions enced by constitutional conditions.
HALL'S CATARRH MEDICINE will and cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known; combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in ca-

tarrhal conditions.

Druggists 75c. Testimonials free. F. J. Cheney & Co., Props. Toledo, Ohio.

A HAPPY HEBRIDES.

Leverhulme, New Owner of Levis

Has Plans. Lord Leverhulme, the new proprie-

tor of the Island of Lewis, in the course of an interview to the prese. has given very interesting particulars as to his plans for making it a happy spot in the Hebrides. Lewis, he remarked at the outset, had a population of 32,000 at the last census.

"The scenery of the island is magnificat, its climate almost paradisfcal." he said. "When I was there recently the temperature was 10 deg. higher than in London. Flowers and plants will grow in the open there which you would have to travel as far south as the Isle of Wight to see produced under like conditions."

"The people," he added, "are mostly crofters. Earning a livelihood involves the hardest sustained labor on the part of the crofter, his wife, and his children. A woman will frequently have to make two journeys teeth.

to the peat beds per day; this means

"New houses are to be built, well equipped, with a garden in each case large enough to be useful as an allotment.

"The fishing grounds off Lewis are amongst the finest in the world. Canning factories must be ready. The first is now in course of erection at Stornoway, and will be followed by others. The question of transit is not difficult. Then we are to have works for hand-loom weaving. There is real demand for Lewis and Harris tweeds.

"Add to all this." Lord Leverhulme said, "the possibilities of the island as a centre for tourists, and you will see how the employment problem is on the way to being solved. For tourists the island is an ideal place. It is kept warm in winter by the Gulf Stream. It is kept from excessive heat in the summer by the Atlantic Ocean. I hold that Lewis has a magnificent future before

Much in Little.

Lion tamers frequently perfume themselves with lavender.

ment of the electric battery. The world's annual cotton crop averages two and a half million tons. In olden times the Greek athlete trained on new cheese, dried figs, boil-

Minard's Liniment Relieves Neuralgia

Fate of the Cliff Dwellers.

It seems that there can be no doubt that the cliff dwellers were exterminated by their more savage and warlike neighbors, the men being killed and the women being adopted into the tribe of the conquerors, though in some cases migrations may have become necessary as a result of drought or pressure from outside tribes.

Though wood and turf formed the fuel of our early ancestors, investigations have proved that the Britons, even prior to the Roman occupation. made use of coal. But as it was possible to utilize only such coal as lay at or near the surface, the practice did not make headway for many cen-

It costs the average man more than a dentist's bill to cut his wisdom

sixteen miles, with a very heavy burden over eight of them. For fishing they have only the open boat and the most primitive of tackle. The total earnings of a family of five will be from \$2 to \$3 per week. Yet these people are given to education. There are 900 students receiving higher education at the Nicholson Institute, Stornoway. They pass thence in remarkable numbers to the universi-

Turkey-red is made from the Indian madder plant.

Tungsten is now used as an ele-

ed grain, milk and warm water.

Coar.



gums at once and tightens the teeth.

McCRIMMON'S Mouth Wash deodorizes all decomposed matter, and makes the mouth fresh and sweet.

A BOON TO SMOKERS

McCrimmon's Chemicals Insted®

Manufacturing Chemists 29 RICHMOND ST. E TORONTO

NEW IN WARPARE

Highlanders Repulsed Raid With Hot "Parritch."

A wounded officer rescribes the novel way in which a small party of surprised Highlanders met an unexpected enemy attack.

"The Germans got further into the trenches," he writes. "So far, in-deed, that they surprised a party of Highlanders in the peaceful occupation of porridge making for a section due for night duty. The porridge makers had no time to seize weapons. Instead they seized their precious pot of porridge and flung it in the face of the advancing foe. There were yells of rage as the scalding porridge fell among the soldiers of the kaiser. One of the funniest sights of the whole war, I am told, was to see a German officer trying to look dignified before his men in a uniform covered with porridge. The method of repelling the attack was novel, but effective. It was more deadly than liquid fire, I fancy, for it put an end to the attack in that quarter.

"When we relieved the Highland porridge makers we found them in a terrible funk, they didn't mind facing the worst attack the enemy could make, but they were quaking at the prospect of explaining to hungry comrades what had happened to the porridge. I tried to console the man with whom this brainy idea originated by telling him he ought to have the V. C. He would have none of my consolation. "That may be," he answered, 'but what about Wee Jock -- 's paritch? He'll' hammer h- out o' me when he comes back and finds it's a' wasted on they German devils!"

Soothes Irritable Throat **Puickly Cures Bronchitis**

No Drugs to Take. No Sicker ing Stomach Medicine to Use

Just Breathe "Catarrhezone"

Count ien-a had cold is relieved by (attarhezone-wait one minute and you will feel its soothing influence on a sore irritated throat. No failure with "Catarrhozone"-it cures because you can breathe a healing vapor to the very spot that needs help. The big thing to remember about

Catarrhozone is this — you just breathe a healing piney vapor that is full of the purest balsams, that is rich in the greatest healing agents known to science.

This wonderful vapor dispels all soreness, kills all germs, gives nature chance to complete a real cure.

Colds and throat troubles can't last if the pure healing vapor of Catarrhozone is breathed. Catarrh will disappear, bronchial attacks will cease, coughs and winter ills will become a thing of the past. Complete outfit lasts two months, price \$1.00; smaller size 50c; sample size 25c, all dealers, or The Cattarhozone Co., Kingston, Ont., Canada.

The Dazzle in the Diamond :

In olden times the diamond was regarded not only as a mark of royalty or nobility to be worn only by those favored individuals, but it was looked upon at the emblem of purity, and by some nations believed to possess the wonderful power of not having only binding marital vows, but of healing dissens ons between husband and wife and magically reconciling and reuniting parted couples; or, as one filitera iconoclast put it "mending martill breeches."

That probably or ginated the modern custom of presenting diamond engagement rings be are marriage and diamond brooches and earrings after marriage, escepiall after some domestic explosion, and it is only fair to admit that even in these progressive days of woman suffrage, etc. a diamond does appear to have a magical effect on preventing wific from going IN MISERY mond does appear to have a magical

THE DARFER SIDE

Notwithstanding its great reputation for good luck, he diamond, if all the "whales of trabelers' 'are true, that is, the great historic diamonds, have acquired a reputation far bad luck and grewsom misfortune to their owners, which have furnished some of the darkes pages of history. Hundreds of tales have been told of all the great brilliants stolen from the

regalia of the moguls, but those best known to English readers are the lists of dark crimes perpetuated for the possession of the famous Kohinoor, Regent and Orloff brilliants. The Kohinoor and Orinoff were at one time part of the famous Peacock throne of Delhi and were stolen by Nadri Shah. The Regent, however, was stolen from the mine in which it was found and was never in the possession of the Mogula. It had a dark history, however, and was the cause of at least three deaths. The slave who stole it by concealing it in a slit in the calf of his leg, was thrown overboard and drowned by the captain to whom he offered it for a passage on the latter's ship. The captain who stole it from the original thief and sold it to the English resident at Calcutta dr. nk himself into delirium tremens and hung himself. and the last thief, who stole it from the French collection in the Louvre.

was guillotined. BUILT THE HOUSE OF PITT.

Thomas Pitt, the grandfather of the great English state men who finally drove Napoleon the Great from pawer. made the fortune of his house, however by the sale of the stone to the Regent of France early in the eighISSUE NO. 38, 1919

PARSE TOR SALE

IMPROVED GRAIN, STOCK, FRUIT, Garden lands, Norfolk County. Get description. W. Lewis, Waterford, Out.

MUSKOKA FARMS—ONE TO TWO hundred acres; wood, stock, or crops.
Farms, buildings, fences. Address Rusky
Co., Box 523, Bracebridge.

38 ACRES ALL PLANTED TO FRUIT except about 5 acres. Good 16 roomed house, large barn, stable. Fruit house and poultry house. Soft and hard water. Best of soil. On Barton Street, eight miles from Hamilton, sell as a going concern. Horses and implements. Ill health reason for selling. Will take some exchange. Address P. O. Box 6, Hamilton.

IF YOU DESIRE TO SELL YOUR farm or country home, send me full particulars, and have description pub-lished in my new catalogue. If you are in the market to buy; describe your wants and see what I have to offer. No expense whatever to you unless I effect a sale. J. D. Biggar, Realty Broker, 205 Clyde Block. Hamilton, Ont.

HELP WANTED-FEMALE

ADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; rood pay; work sent any distance, charges paid. Send stamp for particulars. National

A MAID WANTED-FOR GENERAL housework in Teronto. Will require girl who is a good plain cook and who understands general housework. Family, three adults, every convenience, with est of treatment in comfortable home. Will pay from \$30 to \$40, according to experience and ability. Best references. Fare paid. Apply by letter, mentioning age, past experience in housework, and when available. Miss M. R. Sutton, Tor-onto Saturday Night Office, Toronto, One

MINGELLANEOUS

IT IS ALWAYS SAFE TO SEND A DOminion Express Money Order.
Dellars costs three cents.

BUSINESS CHANCES

FOR SALE-DRUG BUSINESS IN Kingston, known as the "University Drug Store"; centrally located; doing eash business; getting full prices; investigate. Address as above.

FOR SALE OR EXCHANGE

117ACRES ON PROPOSED HIGHWAY at Brantford; spiendid brick house, 12 rooms, suitable for two families; hot and cold water, bath, etc.; also fuil line of implements and stock at fair valuations. What have you to offer, town or city preperty or smaller farm. Particulars, Edd. Roberts, R. R. No. 4, Brantford

BLACK SIBERIAN HARES

MATURE IN 6 MONTHS, WILL AVERage 9 peunds, fur valuable, flesh de-licious, easy to raise in small quarters. I have for sale select pedigreed and registered stock for breeding purposes. Can show you possibility of large pro-fits. Send for literature. Joseph, Fulton, 133 West avenue north. Hamilton, Ont.

meth century, the Prince of Orleans paying over half a million dollars for it. The stone also made the fertune of Napoleon, as the Directory pledged it to the Dutch Government in 1800 for 6,000,000 francs, thereby raising the money with which Napoleon conducted the great campaign which won hi mthe battle of Marengo and elevated him to the imperial throne. Just now it is evidently a lucky stone. for it is still the principal ornament of the French regalfa.

The Orloif and Kehinoer had much darker histories. Nadir Shah, who stole them from the Mogul, was assinated; the rebel who stole them from Nadir lost his eyes.

After that the two brilliants were separated. The Orioff was stolen by an Afghan, who turned it over to another Oriental, who placed it in the keeping of a false friend, and for a time the stone was lost. The Afghan however, located it and, after three murders had been committed for its possession, the last robber succeeded in getting it to Amsterdam. where he sold it to Prince Orloff, the favorite of Catharine H. for \$600,000. a title of nobility and a pension of 20,000 roubles.

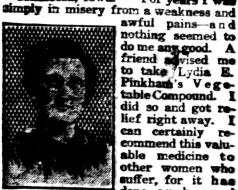
Minard's Limiment Cures Burns, Etc.

Short But Not Merry.

An ethnologist says the natives of New Guinea are the shortest-lived people in the world because they eat beetles and drink seawater. Not every short life's a merry one.—Louisville Courfer-Journal.

FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound. Oskaloosa, Iowa.—"For years I was



awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vege table Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good

work for me and I know it will help others if they will give it a fair trial. -Mrs. Lizzie Courtney, 106 8th Ave. West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pink-ham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service. MATT

Fire 1

Loo Boston Despa med fire with ch in South dilling one an thers. The ri hat reports.

Boston despar car Scollay Sq centified man ot in the arm enten into une st serious o ert of Beston ection of th ong the squar lquarters, a he home of n tainment places This was one hoodiums, free the police strik s. When Guard forces w troop of cava danger point. The mob stea

and attacked a the cavalry c catter the ci been hurled to rang out, and lying dead ed. The cavelr ments as the square. In an the crowd from Cari Mead, of Cavairy, was ki conscious, by Guardsmen s very street, n rict. Two-th okers-on fled the length of th

work to-night Governor C ordered the 14 of the State G regiments of alled out to p Governor C Peters early Federal troops city if the May request. The Adjutan expected both from the vicini

Metropolit: n

had been doing

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the 20th from to report here A Sure Corr When the und stomach it the ing pains an stomachic reg eructation of t and the only w to restore the don. Parmel do this. Sim each packet a

taken systema

fect a cure.

Buildings Ships Five Dea

Heav

Key Wet, Florida was result of the passed over Not a house damage. Threframe buildin razed, two ch and five retail damage is es

two million do

coast met with

vessels were driven to the wind and roug work. The steame crew of fourter Key West h from Tampa ! seventeen, was West harbor, escape the stor crews escaped The navy reported to-nig coast eight so

two barges we chasers and ! on reefs. The put out of com fered the hear around Miami a million dolla In the little Miami, eight b totally and eig molished.

Havana Deep which swept of dooding the g with huge wav over the