Unles: a complete cure is effected the inflammation passes rapidly to the throat bronchial tubes, and then to the lungs.

You can't make new lungs any more than you can make new finers or a new nose-hence consumption is practically incurable. But Catarrh can be cured, except in its final and always fatal stage.

Catarrhozone Guaranteed to Cure

The purest balsams and the greatest antiseptics are sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance and

cure comes quickly. Colds and throat troubles can't fast if the pure healing vapor of shall be my people.—Ruth severed for-Catarrhozone is breathed - sneezing ever her conection with her country and coughing cease at once, because irritation is removed.

Use Catarrhozone to prevent - use ft to cure your winter lis-it's pleasent, safe, and guaranteed in every

Two months' treatment, farge size, guaranteed to cure, price \$1; small sample size, 25c; sold **everywhere**



April 25, 1920. Ruth's Wise Choice. 1; 14-22. COMMENTORY. - 1. A Hebrew family in Moab (vs. 1-5). We are not told at what time during the period of the judges Elimelch and his family left Canaan for Moab. It has been thought by many that it might have been during the years in which the Midianites were overrunning the land of Israel and robbing the people of their produce. There may have been a famine because of long-continued drought. It is clear, however, that experiences. Her husband died. Her sons married women of Moab. Later the affliction that come to this famfly in the light of punishment, inflict-

nother race and religion. However and die among God's people. II. Preparing to return to Judah (vs. 6-9). After living in Moab ten years, Naomi decided to return to the land of her fathers. She had heard that there was food in Judah, and her at-

tachment to her own country was strong enough to lead her to make arrangements to go back there. Moab was a country forty or fifty miles from north to south an dabout twenty-five morth to south and about twenty-rive the lower course of the Jordan River and the Dead Sea, and the journey from there to Bethlehem in Judah was not long. As news spread slowly then, it was doubtless some length of time after there came to be plenty in omi in Moab? What change came to Judah that Naomi knew that the Lord | the family in Moah? Why did Naomi had given bread to her people. When she started on her way, Orpah and Ruth, her daughters-in-law, accompanied her for some distance because of their affection for her. When Naomi thought the time had come for them to go back, she tried to prevail on them to go to the homes of their respective mothers, praying the Lord to grant them mercy, as they had dealt kindly with their husbands, her sons. She thought they would be better off to remain in their own land and among their own people than to go into the land of Israel, for she must have known well the attitude of her people toward other nations. She prayed that each of them might "find rest." To find rest is in Oriental expression for entering the marriage state. This is in general the divine order for men and women and they who are happily married are restful. Naomi thus made for Orpah and Ruth the best wish and prayer possible. The the book of Judges and Samuel, cartime had come, as she thought, for them to part. She was leaving the place where her loved ones had died, and therefore, in a sense, sacred to her, and she must bid her daughtersin-law farewell to continue her journey alone. The leave-taking was af-

fecting; "they lifted up their voice, and wept." III. Choices made (vs. 10-18). 13. Naomi's attempt to send her daughters-in-law back to their people was not wholly successful. She had so conducted herself that she had won their affection and her influence over them was strong and good. So greatly were they taken up with her that they would bid farewell to country and kindred rather than say good-bye to her. She told them that she had no more sons, and it was useless to go with her with any expectation of their having sons of hers for husbands. If she should be married again and have sons, Orpah and Ruth would not wait for them to become grown to marry them. Naomi used her strongest arguments and the utmost of her influence to her efforts to persu-

ade her daughters-in-law to return, but still they clung to her.

14. They lifted up their voice and wept again.—The Orientals are demonstrative in their grief. They wept aloud. Orpah kissed her mother-inlaw.—The last sad kiss of a tearful sep. ration; after which she, unlike Ruth, turned back to her people and her gods. The grat deity of the Moabites was Chemosh (Num. 21:29; Judges 11:24). Ruth clave unto her .-Ruth was not yet convinced that it was best for her to return, nor was she persuaded to do so. 15. Return

thou.-Naomi tried to use to advantage the argument that Orpah had

gone back. 16. Intreat me not.—Ruth's mind was made up. She had chosen to go with Naomi. Orpah might choose to return, but she was determined to go to the land of Israel. Whither thou goest, I will go.-There was no hesitancy on Ruth's part. She knew she was going among a strange people, but she also knew the course she had chosen was the right one. Thy people and people, for she had found a better people and a better country. Thy God my God.-This was an expression of her determination to love and serve the true God alone. 17. There will I be buried.—The choice Ruth made was to be in force to the end of life. It was not an experiment with her. It meant everything to her to make the choice and she would never go back from what she had decided. 18. Stedfastly minded.-Naomi was convinced that Ruth's choice was fully made and further argument and entreaty were useless, therefore she said no more against her going with her. IV. Naomi and Ruth in Bethlehem

(vs. 19-22). 19. To Bethlehem—Bethlehem is five miles south of Jerusalem and a very ancient city. The journey of Naomi and Ruth may have been seventy-five miles in extent, but probably less. All the city was moved-The return of a former resident after an absence of ten years would naturally arouse a considerable interest, and for her to come back alone, her husband and two sons having died in Moab, would excite the pity of her friends. 20. Call me not Naomi-This name means pleasantess. The sorrows of Naomi had been many and heavy, and when the people of Bethlehem said, "Is this Naomi?" she was unwilling to have that name applied to her. Call me Mara-She thought scarcity of food led this family, con- the name, meaning bitterness, would eisting of Elimelech, Naomi, his wife, be more applicable to her. Hath and their sons, Mahlon and Chilion, dealt very bitterly with met-Her to seek better conditions in the land mind was taken up at this time with of Moab. The ten years spent by a comparison of her surroundings and Naomi there were full of distressing prospects as she went forth with her family from Bethlehem, with her surroundings as she returned ten years. the sons died, leaving her alone with later. 21. I went out full-She had her two daughters-in-law, Orpah and her husband and her two sons, and Ruth. Jews are disposed to consider the affliction that come to this fam. were moved by famine to seek another country. The Lord hath brought ed upon them for leaving the land of sprangly and going into a heather court recognized the hand of the Lord in Israel and going into a heathen counthe bereavement that came to her. try, and for intermarrying with people The Lord made use of the situation to work out His great plan in arranging this may be, we have the assurance the ancestry of our Savior. Naomi did that the Lord, by a peculiar train of not realize the place and value of providences, brought high honor to Ruth in that plan. She little expected Ruth because of her choosing to live that through Ruth's energy and faithfulness as a gleaner and by her ami-

> of kings and from which the Messiah would appear. She esteemed the affection and character of Ruth, but she did not know her important place in God's dealings with men. 22. In the beginning of barley harvest. In the harvest is in April in the region of Bethlehem. As the harvest season was on, Ruth had come there in time to take part in the gleaning. Questions.-Where is Moab? What family went from Bethlehem to Moab? What led them to go? Who were Or-

ability she would become the wife of

Boaz and thus have a place in the

family from which would come a line

pah and Ruth? How long was Nadecide to return to Bethlehem? What choices did Orpah and Ruth make with regard to going with Naomi? What arguments did Naomi use to persuade her daughters-in-law to return to their mothers' houses? How did Ruth express her decision?

PRACTICAL SURVEY. Topic.-The power of personal influence.

1. Ruth's wise choice.

II. Its reward. The Book or Judges, which we have been studying, covers historically the period from the conquest of Palestine and the death of Joshua to the judgeship of Samuel and the introduction of the monarchy. It is a record of declensions and deliverances,-three succeeding that of Gideon. The book which forms our present study is in striking contrast, but closely connected In the ancient Hebrew canon it formed a part of the Book of Judges. It forms a connecting link between ries the history and Gentile histories. The simple story is replete with great truths and forcibly illustrates the important fact that God has never left himself without witness.

1. Ruth's wise choice. The real narrative, as it concerns the true history of Ruth, commences with Naomi's decision to return to the land of Judah. Ten years sojourn in Moab had brought both bereavement and poverty. The commendation and benediction of Naomi and her solicitude for the well-being of her daughters-inlaw afford a picture of a loving, harmonious household, as rare as it is beautiful. She would neither deceive them nor permit them to deceive themselves in their decision. She could make them no offer of temporal good. She knew that they had friends in Moab, none in Judah. The decision embraced the deepest and most solemn issues. In reality it was a choice between Jeh vah and Chemosh. So Ornah understood it. and though with tears returned to her people and her gods (vs. 16, 17), so Ruth understood it, and in her decision intelligently embracing all it involved (vs. 16,17, went forward in resolute self-surrender to her highest convictions with heroism seldom unequalled, though, from the human side, without hope. II. Ita Reward. Ruth's choice was made without promise or cutlook. So was that of Moses (Heb 11:24, 25) and of the Hebrew children (Dan. 3: 16-18). The paths of righteousness

necessity Ruth pursued her

humble and lonely task, a stranger in a strange land. What appeared an accident in her choice of fields was with God a providence. Her purpose was to glean for daily sustenance; God's purpose was to direct her way to the meeting with Boaz. "Providences to the righteous are but the fulfilment of the promises." Boaz is presented to us in the beautiful story, as a forerunner and type of Christ, the Kinsman and bridegroom Redeemer. The short-sighted policy of the nearest kinsman (Ruth 4: 6) doomed him to oblivion and afforded opportunity for the execution of the gracious and benevolent purpose of Boaz, the next of kin (Ruth 4: 9, 10). To him succeeded the right of redemption, and the purchase included the marital relation with Ruth (Ruth 4: 10). Christ has redeemed the forfeited inheritance and with it purchased his redeemed bride. In becoming the wife of Boaz, with was lifted from poverty to affluence, from oblivion to everlasting honor in the ancestry of the world's Redeemer; and directly connected the Gentile world with the visible pro-

cesses or redemption. SAFE AND EFFICIENT HOME TREATMEN

MANY WEAK AND AILING PEO-PLE WHO HAVE BEEN HELPED STRONGLY RECOMMEND DR. WILLIAMS' PINK PILLS

There is only one way to build up a run down system if the blood is pale and thin. Many diseases are caused by thin blood. Other diseases such as influenza and rheumatism cause the blood to become thin and the wasting effect of these disorders cannot be combatted successfully until the blood is restored to its normal condition.

Pallor, nervousness, indigestion sleeplessness, headaches, dizzy spells, shortness of breath, palpitation of the heart, these are a few of the symptoms of an anaemic bloodless condition. Some of them are not naturally assoclated with thin blood, but the quickest way to overcome them is to make the blood rich and red.

Dr. Williams' Pink Pills do one thing and do it well. They build up the blood increasing the number of red corpuscles. As this is done the blood becomes a richer red and is able to carry more oxygen, the great supporter of human life. As the blood improves in quality the tissues of the body are better nourished and the functions of the body are better performed. The glands of the stomach are stimulated and the first sign of improvement is usually a better appetite and better digestion.

Dr. Williams' Pink Pills have been used for years as a bloodmaking tonic and system builder with such good results that in every community there are many people who are recommending this remedy to their friends and to others who are afflict-

the statement of one per son among thousands who have used Dr. Williams' Pink Pills to their own great advantage. Mrs. A. Veniot, Hemford, N. S., says: - "For about two years I was a great sufferer from indigestion, which seemed to carry with it a complication of other trou-Every meal I took brought with it misery, as it was followed by pain and sometimes nausea and vomiting. At other times gas would form in the stomach to such an extent that my heart would palpitate at an alarming rate. These conditions brought on extreme nervousness and irritability, and I found my general health so much affected. that the least exertion would tire me and I slept but poorly. I had been doctoring for several months, with no result beyond slight temporary relief, when I was advised by a friend to try Dr. Williams' Pink Pills. I decided to follow this advice and got a hal! a dozen boxes. Good results eoon began to show from this treatment, and the further continued use of the pills have made me a well woman. I can cheerfully recommend Dr. Williams' Pink Pills to similar sufferers."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well They are an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after effects of the grip and fevers. The pills are guaranted to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

RECOGNIZED THE DESCRIPTION. "Daddy."

'What's a she-dragon?" "Now, my son, not another word against your aunt."

TRYING TO GET EVEN.

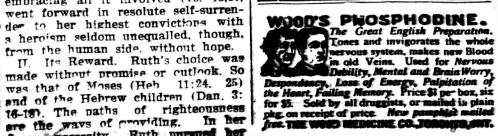
(Washington Star.) husband now spends all his evenings at home. "Yes. He wants to get as much use

out of the flat as possible before the

landlord raises the rent again. The indications of worms are restlessness, grinding of the teeth, picking of the nose, extreme peevishness, often convulsions. Under these conditions the best remedy that can be got is Miller's Worm Powders. They will attack the worms as soon as administered and will grind them to atoms that pass away in the evacuations. The little sufferer will be

the attack will not be likely. Wigg-It takes constant exercise to keep in good physical condition. Wagg-Yes, even the fellow with a constiution of iron may get rusty.

immediately eased and a return of





A. McKIM, LIMITED, ADVERTISING AGENCY OPENS ANOTHER OFFICE.

B. B. Stewart to Take Charge in Hamilton.

A. McKim, Limited, with offices in Montreal, Toronto, Winnipeg, and London, Winnipeg, and London, England, has added a fifth office, at Hamilton, Ont.

Mr. B. B. Stewart, who will be in charge at the new premises in the Home Bank Building on James street north, Hamilton, has been connected with A. McKim, Limited, at Toronto, for the last eight years.

A. McKim, Limited was the first advertising agency in Canada, has always been the biggest, and to-day renders the most complete advertising service in the British Empire.

The Liverpool of Africa

Dakar, which is seldom heard about, promises to be a focal point in the expected rivalry of European countries with the United States for trade with South America—a possibility that everyone is hearing a great deal about just now the sudden interest in Dakar arises from despatches telling of proposed Paris to Brazil rail and water routes, and also of a contemplated trans-Atlantic airplane flight from Dakar to Pernambuco, Brazil A glance at the map will show why Daker holds a strategic position for South American communication. The distance from Dakar, on the tip of Cape Verde, to Pernambuco, the easternmost city of the South American continent, is but 1,715 miles as compared with 3,053 miles from New York to Liverpool.

Already Daker is a port of prime importance for vessels which ply between European ports and either South America or Southern Africa. Recognizing this fact the French have improved the barbor, with its naval and dry dock. harbor, with its naval and dry dock, arsenal, torpedo boat basin, and facilities for transferring cargo from boat to train. Work on a deeper harbor and Dakar also is important to its own hinterland, for it is the seat of administration for all the French possessions in West Africa, which include, Senegal, of which Dakar is the chief city. French Guinea, the Ivory Coast, Dahomey, French Soudan and Mauritania. The visitor to-day would find a thriving city of about 25,000 persons, with wide, well laid out streets, a large technical

school, hospitals and workshops, and might have trouble imagining himself in Africa were it not for the preponderance of swarthy natives as compared with only about 3.500 Frenchmen. Less than half a century ago travelers brought back different reports. Then naked about the unkempt streets and eating, pig-like, from the same bowl.

Mothers performed their work with babies strapped, astride, across their backs, and one writer reported that children could be bought from willing mothers for a few might want with the purchase. The men, literally, wore rings on their

fingers and bells on their toes, not to mention amulets, beads, coins and a surprising assortment of trinkets, mostly rerarded as charms. But the Senegalese natives are far from savage, except in their ability to fight, as many Canadians learned who observed them in France. The West African tribes, such as the Berber, the Serer, the Fulah and the Mandingo, all of which are represented in Senegal, are among the most advanced of the African na-

"The Berbers, for example, have a history dating back to pre-historic times which mystifies ethnologists. believed, by some experts, to have been at one time the masters of the Mediter-anean. To-day many of them, were they attired as we are, might pass for Can-Their skin is light and some of them are blondes. Many times have the Berbers been con-

quered, driven out of their homesteads and, like the Jews, have become strang ained their radical identity, their physic al characteristics and a persistent love of Their women, like those of ancient Sparta and modern Russia, have fought by their husbands' sides, and their morality may be judged from the fact that the death penalty is administered for adultery. They have what amounts to universal male suffrage, through an assembly of all males, and the equivalent of universal military training since each is equipped, when 16, with arms which he must be ready to use until he

A novice can tell a light-skinned Ber-Both Dakar, and St. Louis, former capital of Senegal, are in the Wolof region. These ebony-hued folk worship animals, revere sharks especially, but that poetic imagination is illustrated by the imagination is illustrated by the ceremony still an old state recognized by the French Government. After election the monarch is presented with a vase in which are seeds of all the plants grown in the kingdom, signifying that he is "lord of seeds of all the plants

the land."
In Dakar, too, towering head shoulders above the French, and well Their worship holds the snake in venerof souls. Six feet, six inches, is no uncommon height for them.

Perhaps the most intelligent of all the Senegalese natives are the Fuiahs, whose folk tales betray lofty ideals and poetic magery that is comparable with Greek and Norse lore ship is famous, and their cavalry noted for daring and valor. The intelligence corded them, is attested by the proverb. Let a female slave enter a household and she soon becomes mistress. It was the Berbers whom Gen. Faid-

due in the 50's of the last century, be-fore he could accomplish the inland advance of the French and assure protec tion for the coast settlements. This he paved the way for the founding of Dakar in 1862. That city's commercial importance dates connecting it with St. Louis, 163 miles to the northeast.

Warts are disfigurements that disappear when treated with Holloway's

WOMEN'S FEET AND WOMEN'S HEALTH

Yesterday I walked up Beaver Hall Hall behind a woman. As she was higher than I all the time on the steep ascent I couldn't help noticing her foot movement.

She had the high heels which are one of the curses Paris fashions have spread all over the civilized world. I noticed that every time she pu her foot down the bottom of the heel, which was sowewhere under the centre of her foot, bent forward and every time she raised her foo it sprang out into position again.

And I tried to imagine the discom fort that a man would feel if he had to walk upon under-strutting so flat ly in defiance of the structure of th human frame.

Women are able to get around up on such boots simply because b practice we can learn to do almos anything. But no woman can eve be comfortable if she has to do much walking in high-heeled boots, and n women ever are, because Nature nev er intended that a woman's heel should be propped up two or three inches above her toes.

Walking around on such boot makes a woman's legs ache and he back ache and her head ache. explains why many women never wi do the amount of walking which the should. They say "I know I ough to take exercise, but it just kills m to walk."

Do you know the origin of hig heels? Here it is: The high-heeled shoe is a combin ation relic of the barbarism of Chin

and the silly vanity of a Frence It is one of the results of the prac tice of foot binding that was for centuries, one of the most hideous and painful of human customs.

The Chinese woman with the foot of a child could not walk about in rainy weather without wetting the bandages which contained her feet. To protect them a shoe on stilts

was devised. At the toe and at the heel were fastened high blocks of wood, and these blocks kept her feet clear of the mud and water.

There was a French ruler—a little. under-sized, unimpressive man-who. wanted to be tall and kingly in appearance, so he took the idea of the Chinese rainy day sandal, and as the two blocks made it perfectly evident that he was trying to make himself taller, he eliminated the front one, and with his heels high in the air walked around on his toes for the rest of his career.

king, adopted the style, and since then French heels have been both fashionable, foolish and uncomfortable. We talk about the emancipation of women. But the first emancipation

Women who were just as silly, and

perhaps as short or shorter than the

they need is emancipation from high heels, with their accompaniment of strained arches, corns and physical discomfort generally. There is nothing ugly in a woman's

foot. And yet the fashions are predicated on the assumption that the foot which the good Lord gave to woman is ugly—something to be ashamed of and camouflaged and distorted out of its real shape.

A neat foot and a neat boot can go together without high heels. Try it, ladies. You will lose none of you: attractiveness by ceasing to wabble.

A Pill for All Seasons.-Winter and summer, in any latitude, whether in torrid zone or Arctic temperature, Parmelee's Vegetable Pills can be depended upon to do their work. The dyspentic will find them a friend always and should carry them with him everywhere. They are made to withstand any climate and are warranted to keep their freshness and strength. They do not grow stale, a quality not possessed in many pills now on the market.

Variety in Diamonds.

Each of the five mines owned and worked by the great De Beers Company in the Kimberley district produces diamonds with well-marked charac teristics. The rich Kimberley mine yields a good percentage of white and many yellow stones. Dutoitspan Mine is famed for its large yellow diamonds At Bultfontein small white and spotted stones are common. From the Wesselton Mine come many beautiful deep orange-colored diamonds, while the De Beers Mine shows a good percentage of tinted yellow and brown stones The Premier Mine (Transvaal yields a arge number of "off-colored" stones The Cullinan diamond was of exceptional purity. From the Jagersfontein Mine in the Orange Free State the famous bluish-white stones are derived. The diamonds found in German Southwest Africa are small and yellowish in color.

A Corrector of Pulmonary Troubles -Many testimonials could be presented showing the great efficacy of Dr. Thomas' Eclectric Oil in curing disorders of the respiratory processes, but the best testimonial is experience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes as no other preparation can.

Mrs. Flatbush - I understand her husband has a passion for music. Mrs. Bensonhurst-Yes, he has. time she sings he flies into one. Yonkers Statesman.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS nds of women have testified in the last 25 property of the first state of t



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Do., Spring, each 14 00 SUGAR MARKET. The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:-Atlantic granulated, 190-lb. bags ...\$16.71 Do., No. 1 yellow, 100-lb. bags ... 16.31
Do., No. 2 yellow, 100-lb. bags ... 16.21
Do., No. 3 yellow, 100-lb. bags ... 16.11 Redpath granulated, 100-lb. bags ... 16.46

Do., No. 1 yellow, 100-lb. bags ... 16 06

Do., No. 2 yellow, 100-lb. bags ... 15.96

Do., No. 3 yellow, 100-lb. bags ... 15.76 Do., No. 4 yellow, 100-lb. bags St. Lawrence gran'ed, 100-lb. bags Do., No. 1 yellow, 100-lb. bags ... 16.31 Do., No. 2 yellow, 100-lb. bags ... 16.21 Do., No. 3 yellow, 100-lb. bags ... 16.11 Acadia granulated, 100-lb. bags ... 18.71 Do., No. 1 yellow, 100-lb. bags ... 18.21 Do., No. 2 yellow, 180-lb. bags ... 18.21 Do., No. 3 yellow, 190-lb. bags ... 18.11

OTHER MARKETS.

WINNIPEG EXCHANGE. Fluctuations on the Winnipeg Grain

Exchange were as follows:-Open. High. Low. Close Oats-May ... 1 07% 1 08% July ... 0 991/2 1 001/4 Barley-May July ... 1 52 1 52 Flax-May ... 5 241/2 5 241/2 July ... 5 05 5 06 MINNEAPOLIS.

Minneapolis-Flour unchanged. \$49.00. Wheat—Cash, No. 1 Northern, \$2.95 to \$3.05. Corn—No. 3 yellow, \$1.65 to \$1.67. Oats-No. 3 white, 97% to 98%c. Barley, \$1.31 to \$1.60.

Honey's Value.

When the food value of honey is reduced ot figures we are surprised tofind that a pound section of honey (about 14 ounces net) contains as many calories as 20 eggs. Honey isclassed among the carbohydrate foods. and is a source of heat and energy. When it is known that honey contains: very little cane sugar and consists mainly of grape sugar and fruit sugar, dt will be realized that honey is a predigested food directly available for the production of heat and energy. This explains why honey is unsurpassed for the relief of fatigue and enables us to understand why Jonathan, wearied in the long pursuit of the Philistines, was so immediately refreshed by a little honey. Nitrogenous matter occurs in the form of pollen grains always present as an accidental mixture. and there is nitrogen also in the almumen supplied by the bees in the elaboration of the honey. It has recently been shown that honey also contains those mysterious substances known as vitamines, in the absence of which an animal will lose weight, although sup-

wise adequate. Strangled with Asthma is the only expression that seems to convey what is endured from an attack of this trouble. The relief from Dr. J. D. Kellogg's Asthma Remedy is beyond: measure. Where all was suffering there comes comfort and rest. Breathing becomes normal and the bronchial tubes completely cleared. This unequalled remedy is worthy many times its price to all who use it.

plied with a food ration that is other-

Libraries Discouraged.

Sunday newspapers are said to have been started between 1780 and 1785. Circulating libraries were first set up in London in 1750, and in Birmingham in 1751. They increased so rapidly that some wise man proposed to tax

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

A Meat Loaf Suggestion.

Wrap your meat loaf in oiled paper before baking it, if you wish to keep the juices in, and prevent the formation of a hard crust on the outside.

SAID OULJA.

"Well, now, Maud, wouldn't that jolt you? I just said to Ouija, 'Ouija, a penny for your thoughts.' And whadys think she said?" "What did she say. Sue?"
"Why, she said, 'nothin' Coing. Money
has shrunk in purchasing power.

DOMINION NERVE SKILL CONSULTATION

harply. "What do y But Una did not i rer and when she n indirect reply to 'Is Barry satisfied said. "Does he not nore? Somehow hought ,he would. (lisappointed." Mayo flung up he

ight had Una to say pitterly. "Disappointed, are s the mater. Perha vould agree, though



ou know. She look he angle of mounds pense. Her principa Barry is a mere boy ave, perhaps. I kne pposition to this, Ur expect it to come fr "Oh, Moya, I did Tou know it. If Ba ias not much mo omething splendid uture together, in w starting out on life onquer it. Oh it tnow. It's just-ju ailed her, she falte lisappointed," she were hidden tears She turned away : was the nearest the ever been to open qu elled with no one. he reverse of Mova' The girl was consci 10w. Una so seldor stand like this. "I'r -so disappointed!"

o Moya. She hurried out garden. All was 'First the mater. hought Moya with tism. "Who next" Berkeley." He woul erfere, to scold, or ne was so disappoint "It is I who am Moya. "Disappointe incomfortable mem Barry had laughing!

HOW'S We offer \$100.00 for hat cannot be cu

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aken internally and

had got her out of ther, and worse on while still the thoug "I wish I did not

paltry and false," ov ly, but would not Una's words that The girl had held u -it shone too brigh thoughts. "I had to do it," M reassure herself. "Ar and paltry-marry

would be that. As would have brough home. It all had t She walked about