

Worth Every Cent  
of its Cost



# "SALADA"

Black, Green  
or Mixed....

Sealed Packets Only.  
Never Sold in Bulk.

## SPAGHETTI FOR ONE-PIECE MEALS

Foundation for Many  
Simple Dishes

That Save Time for House-  
wives.

There are many dishes using spaghetti as a foundation that can be used for the one-piece meals that are so popular with the busy housewife. These can be made in the morning, put into the ice box and warmed up in the oven in a very short time. With a sal-i and a simple desert they form a perfect meal, and can be made

spaghetti. Cook one-quarter of a box of spaghetti. Buy 25 oysters and scald in their own liquor. Butter a baking dish and put in a layer of the spaghetti and one of the oysters until they are all used. Thicken two cups of milk with two tablespoonfuls of cornstarch and add a tablespoonful of butter. Pour over the oysters, cover with buttered breadcrumbs and brown in a hot oven.

Spaghetti and cheese is a very good supper dish. Put a layer of the cooked spaghetti into a dish, cover with grated cheese and another layer of the spaghetti, and so on till the dish is full. Pour over it enough thin white sauce to cover, cover with bread crumbs and bake. It will add greatly to the zest of the dish if a half teaspoonful of powdered mustard is added to the white sauce.

### Hadn't Seemed to Work.

An oldish man in rusty-brown clothes and with a rusty-brown beard met up with a pin. It was shining sharply bright on a flagging, and he stopped to pick it up.

He had stiff joints, and his fingers were in that state informally known as bungie. So he had trouble picking up the pin.

A young man paused to offer his services, but the old one refused. He just grunted and grumbled until at last victory came his way. Then he straightened up his rickety joints and put a hand on his back.

"I'm not as young as I used to be," he admitted, as genially as his joints would allow. "But you know the old saying:

"See a pin and let it lay, you'll have bad luck all the day. See a pin

### TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for

Rheumatism, Neuritis, Gout, Sciatica, Lumbago, Migraine, Menstrual disorders, etc.

Write to Templeton, 148 King St. W., Toronto, for complete details. Add by mail order.

on shopping or club day, and it won't matter how late the cook gets home.

The Italians give us this receipt: Take a sauce of three tablespoonfuls of butter, a cupful of flour, three of flour and a cupful and a half of tomatoes juice strained out of a can of tomatoes. The whole tomatoes can be used next day for a salad or baked tomatoes. Season well with salt and pepper. Add six tablespoonfuls of chopped ham, six mushrooms if you have them, and three cupfuls of cooked spaghetti. Put in a baking dish, cover with grated cheese and bread crumbs. Bake until the crumbs are brown.

WITH SAUSAGE.

Buy a half pound of chopped beef and a half pound of sausage. Put

### WOODS' PHOSPHODINE.

The Great English Preparation.

Tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Worry, Dependence, Loss of Energy, Palpitation of the Heart, Fatigue, etc.

Price \$1 per box, six for \$5. Sold by all druggists, or mailed in plain glass on receipt of price. New pamphlet mailed free.

THE WOODS MEDICINE CO., TORONTO, ONT.

through the meat chopper, with a small onion. Have three cupfuls of cooked spaghetti ready and put it in a baking dish with the meat, in layers. Pour over it a cupful of tomato juice and cover with buttered crumbs. This is very good with the sausage alone, omitting the beef.

OYSTERS ARE GOOD.

Oysters are very good baked with

## YOUR FOOD IN SPRINGTIME

### Lighter Diet Best for Warmer Days. Plenty of "Rabbit Food" and Fruit.

Salads in spring should be the order of the day. Plenty of "rabbit food," fresh fruit and vegetables—not too many root vegetables!—was the concise answer of a London hospital doctor when asked to say what were the best sorts of food for average people to eat in the spring of the year. On the theory that what is good for the food consumer in London would be all right for the food consumers in Hamilton, the Times quotes as follows from the London Daily News:

It is dangerous to dogmatize on diets, but certainly people ought to exercise care and consideration concerning what they eat in the spring. "Spring troubles" have become more or less a byword; most folk get "sort of run down" during the early months of the year, and many people regard spring visits to their medical man as indispensable.

Eat fresh fruit for breakfast, salads

### SHILOH 30 DROPS COUGHS

for lunch, tea and supper. Eliminate very largely root vegetables, bread and starchy foods generally—too much of heavy foods is bad in springtime. Stewed rhubarb, prunes and other fruits with fresh milk or custard make a much better spring sweet than such puddings, stiff milk puddings and other substantial dishes which are admirable for winter, when heat-producing foods are needed.

Not very much meat is wanted by the average person, and what is eaten should be "on the lean side." Poultry and fish are really better than meat, and there is not so much difference in prices nowadays to deter people from choosing. Soups should be struck off the menu. Egg dishes are good in moderation—savory omelettes and such like. The drawback in recommending eggs is that people so often run away with the idea that it means a never-ending chain of egg dishes—then they wonder why their food is the reverse of tonic in effect. Eggs can, of course, be used largely in salads—and the importance of salads in spring is so great that there is no need to apologize for repetition.

To sum up: The main items of spring diet should be fresh vegetables of the most savory order and fruit, fish (not shell fish), eggs, dairy produce as it can be obtained, poultry, lean meat and take proper exercise.

### PANSEES.

#### Here's How to Raise Them for Yourself.

If you would have pansies this summer sow the seed at once. These gay, impertinent little blossoms with so much individuality grow and germinate more rapidly at this season when the nights are still cool than later. Many people make the mistake of sowing their seeds in June.

To be successful with pansies you must plant them where there is not even the least bit of shade from fence, tree or house. They demand much sun and all the full sweep of the wind. If planted at this time they will be in full flower by June 30. And if you keep all withered flowers removed you will have a wealth of blooms until late fall.

If you soak the seed for 24 hours in cool water previous to planting you will hasten their season of flowering ten days, which more than pays for a moment's work.

Much of the success of pansy growing depends upon the preparation of the soil. It depends upon the preparation of containing a proportion of leaf mould enriched with well-rotted cow manure, with a generous dash of sand for drainage, makes the finest medium in which to grow this flower. Dig the bed to the depth of one foot, mix the ingredients of the soil most thoroughly and see that it is almost pulverized. Rake it quite level before attempting to sow the seed.

Sow the seed in drills, covering them not more than four times the diameter of the seed. Firm the soil well above them. A general mistake is to cover them too heavily—in other words, plant them too deep. The seed germinates in from eight to ten days. During this period they must be kept damp. Never at this time pour water over them directly. Better cover them with newspapers that have been previously soaked in water and filter all water through this medium for the first ten days. This method hastens their period of germination.

As soon as they are up and large enough to handle they should be thinned out and transplanted into their permanent home. Set them nine inches apart each way.

Thorough cultivation should be given them from the start. Weeds and pansies never make amicable neighbors, and it will be well to keep the ground about the pansies as free as possible. This means that the weeds, if permitted to remain, will win and the pansies develop into indifferent, sickly specimens. During warm weather the bed should be cultivated every day, and in prolonged dry spells twice a day.

Seed sown in May will produce blooming plants by June 30.

It pays to buy seed from reliable seed houses. Here the strains are of the best. It may be of interest to readers to know that at a flower show the pansy that receives the prize is always round. A perfect specimen is as strictly round as possible, and the colors are well defined.

### ROYAL YEAST CAKES

There is more energy in a pound of good bread made in the home with Royal Yeast Cakes than in a pound of meat. Bread making is a simple operation and requires no previous experience. Full instructions in Royal Yeast Bake Book, mailed free on request.

L. W. GILLET CO. LTD.  
TORONTO

## SETTLERS' LETTERS

### Winners of the Government Awards.

Ottawa, May 2.—Last November Hon. J. A. Calder, Minister of Immigration and Colonization, authorized a competition in which settlers in Canada were invited to tell their experiences in the form of a letter to the Director of Publicity of the Department. The conditions of the competition emphasized that neither literary style nor correct spelling were essential to winning a prize, but that letters should be written with a view to inter-

### DOMINION MEDICAL INSTITUTE

137 SHELBURNE ST COR QUEEN TORONTO.

NERVE SKIN BLOOD CORRESPONDENCE INVITED  
LUNG STOMACH DISEASES

esting new settlers who decide to locate in Canada. Three cash prizes were offered for each province, the first prize being \$75, the second \$50, and the third \$25.

The competition closed in February last and brought 1,076 entries. After nearly three months' careful study of the contributions the judges have an-

### Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet addressed: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker.)

ounced the following as prize winners, to whom cheques for the amounts of their prizes have been mailed:

British Columbia—Donald Graham, Armstrong; J. A. Edgecombe, Peachland; W. J. L. Hamilton, Beaver Point; Alberta—W. Spindler, Berrymore; Mrs. William A. Sargeant, Banff; Joseph H. B. Smith, Westholme, Wolfe Creek.

Saskatchewan—Mary V. Rowland, Hoosier; Ernest Booth, University of Saskatchewan, Saskatoon; Mrs. F. E. Shepherd, Senate.

Manitoba—W. W. Moloney, Kaleida; Sylvester T. Holden, Deloraine; John F. Hamelik, Hodgson; Ontario—James Grant, R. R. No. 5, Bellwood; John B. Beaton, Bridgen; Bruce M. Jones, Denfield; Quebec—Mrs. Amy Kirby, Cookshire; Dame Louis Touzin, St. Germain.

## DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

### Men, Are You in Doubt?

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there falling power, a drain on the system? Consult the old reliable specialists.

#### SYMPTOMS OF VARIOUS AILMENTS.

Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrefreshing sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 25 years' continuous practice in the treatment of all chronic nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full maddness. Don't be a weakling any longer. Make up your mind to come to me and I will give you the best treatment known to science—the one successful treatment based on the experience of 25 years in treating men and their ailments.

Dr. Ward's Methods Unrivaled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver trouble, acne, skin diseases, catarrh, asthma, rectal troubles, piles, fistula and blood conditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

### ISSUE NO. 23, 1920

#### FARMS FOR SALE

FOR SALE—ONE OF THE BEST FARMS in Esquimaux Township, Hamilton Co. Particulars H. G. Cookham & Son, Guelph, Ont.

#### HELP WANTED

#### WANTED

FIRST-CLASS KNITTER, experienced on Dublin Fast Fashioning Machine. Good wages paid to capable man. Best working conditions in day. Write Mercury Mills, Ltd., Hamilton, Ont.

#### LADIES WANTED—TO DO PLAIN

and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal, Que.

#### BUSINESS CHANCES

#### FOR SALE—GENERAL CASH BUSI-

ness and mercantile in connection with the right distance from the main thorough steel plant now being erected. Splendid store and fixtures, best reason for selling; this is a snap for one or two live men; will sell property. J. C. Whitney, Sandvich, Ont.

#### FOR SALE

FOR SALE—30 x 34 GOODYEAR ALL Weather Non-skid Tires \$19.75, while they last. Bought at the old price, selling at the old price. Model Tire Co., 25 Dundas W., Toronto.

#### MISCELLANEOUS

#### DOMINION EXPRESS MONEY OR-

ders are on sale in five thousand offices throughout Canada.

### QUEEN'S UNIVERSITY

Kingston, Ont.

ARTS  
Part of the Arts course made by correspondence

SCHOOL OF COMMERCE  
BANKING  
MEDICINE EDUCATION  
Mining, Chemical, Civil, Mechanical and Electrical ENGINEERING

SUMMER SCHOOL SEPTEMBER SCHOOL  
July and August December to April  
ALICE KING, Acting Registrar

### OCEAN ISLAND.

Richest Tract of Land Under British Flag.

Ocean Island, a tiny spot in the Pacific ocean, only five miles in circumference is the richest tract of land for its size under the British flag. This island, which is nothing more than a vast deposit of excellently rich phosphate of lime, was discovered in a curious manner. A New Zealand concern, with an office on a

### Walker House

Where Service is not Sacrificed to Size

THE HOUSE OF PLenty

back street in Sydney, N. S. W., had a buff-colored, irregular shaped piece of rock to keep the door open. A man interested in geology put the stone in his pocket one day and subjected it to many tests at home. He returned and tried to trace its history, but all he could learn was that a trader from Ocean Island had left it there. He took the next steamer to the island and discovered that the place was literally covered with the phosphate, a small pinch of which would enable any plant on any soil to doubt its fertility. He offered some Australian capitalists the chance to form a company to work the fields, but they passed it up, and a group of London financiers accepted the proposal and have established a plant there. The total native population of the island is 500 and they are the wealthiest natives in the world. Much of the land still belongs to them and the company has to pay them a royalty of sixpence a ton for every ton of phosphate shipped. This royalty is used by the British government to benefit the island natives.

#### CAN'T HAVE BOTH.

"Higher wages and shorter hours" are natural and legitimate benefits sought by organized labor.

If the world's work can be done in eight hours there is no reason why the toiler should be chained to his job for twelve.

But shorter hours and a decreased output per hour will not speed the day when everybody can enjoy a short working day.

#### Bulls.

A correspondent of an English paper recently indulged in this built: "Let a whisper of the hidden hand be heard—" Was it an English clergyman who said to his congregation, "Brethren, the muddy pool of politics was the rock on which I spit?"

Keep Minard's Liniment in the house.

Muggins—Who started that insane theory that two could live as cheaply as one? Buggins—I suppose it was the same fellow who first said it was cheaper to move than to pay rent.

### Imperial Parowax

#### Seal in all the Flavor

IMPERIAL Parowax—sets in all the natural flavors of fresh fruit into your preserves. The safe and sanitary way to preserve fruits, jams, pickles or vegetables. Saves time, labor and money.

The Parowax way is the easy way. Just pour the melted wax over your coded preserves and it solidifies into a clean, air-tight seal—dust-proof and moisture-proof.

—a pure refined white wax, odorless, tasteless, colorless, absolutely sanitary—no chemicals or acids.

Placed in your wash-boiler, Imperial Parowax loosens the dirt, bleaches the clothes and removes the greasy spots that otherwise require so much rubbing. Rubbed over your iron, and mixed with your starch, it gives that finished lustre to ironing that is so much desired. Imperial Parowax, a household necessity.

For sale by good dealers everywhere.

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### IMPERIAL OIL LIMITED

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