ROYAL YEAST CAKES

are now packed in square packages. Each package contains five cakes, which are equal in quantity to six round cakes. All dealers are authorized to guarantee that the quality of the round and square cakes are identical in every respect.

A STORY FOR CHILDREN

"The Swineherd"

There was once a Prince who was poor, for his kingdom was very small, but still it was large enough for him to think of getting married, and think of it he did.

It was certainly rather bold of him that he ventured to say to the Emperor's daughter, "Will you have me?" But he ventured for all that, for his name was celebrated far and near, and there were hundreds of Princesses who would readily have said "Yes"; did she say so?

Now we shall hear.

On the grave of the Prince's father there grew a rose tree—oh, such a beautiful rose tree!—for, though it blossomed only every fifth year, and then bore but one rose, that was a rose with such a delicious scent, that whoever smelt it forgot all care and trouble. He also had a nightingale, which sang as if all the most beautiful melodies were congregated in its little throat. This rose and this nightingale the Princess was to have, and they were therefore put in silver boxes and sent to her.

The Emperor had them carried before him into the great hall, where the Princess was playing at "puss in the corner" with her ladies-in-waiting and when she saw the large boxes with the presents she clapped her hands with delight.

"I hope it's a little kitten," she said; but the rose tree with the beautiful rose appeared.

"Oh, how pretty it is done!" all the ladies cried.

"It is more than pretty; it is beautiful," the Emperor said.

"Fauga, papa!" the Princess cried, "it is not artificial, it is natural."

"Fauga!" all the ladies cried, "it is natural."

"Let us first see what is in the other box before we grow angry," the Emperor said; and then the nightingale made its appearance, singing so beautiful that nothing could be said against it.

"Superb, charmant!" all the ladies cried, for they all jabbered French, one worse than the other.

"How the bird reminds me of the musical box of the late Empress," an old courtier said. "It is exactly the same tone—the same execution."

"Yes," the Emperor said, and he cried like a little child.

"I hope that at least is not natural," the Princess said.

"Yes, it is a natural bird," those who brought it answered.

"Then let the bird fly," the Princess resumed, and she would by no means listen to the Prince's coming.

But he came for all that. He painted his face with brown and black, pulled his cap down over his eyes, and knocked at the gate.

"Good-day, Emperor," he said. "Can I not meet with some employment here in the palace?"

"Yes, certainly," the Emperor answered. "I want some one to look after the pigs, for we have a great many."

So the Prince was appointed imperial swineherd. He had a miserable little room down below, near the pig-stye, and there he had to live; but the whole day he sat working, and when night came he had made a pretty little iron-pot, with bells all around, and as soon as the pot boiled they ran so prettily, and played the old tune "Home, Sweet Home." But the most curious part was, that by holding one's finger in the steam of the boiling pot, one could immediately smell what food was being prepared in every house in the town. Now, that was a very different thing to the rose.

The next time the Princess went out with her ladies, she heard the beautiful melody, and was quite delighted, for she, too, could play "Home, Sweet Home,"—it was the only thing she could play and that she played with one finger.

"That is the very same tune that I play," she said; "and he must be a very well-informed swineherd. Just go down one of you and ask him the price of the instrument."

So one of the ladies had to go down, but she put on wooden clogs.

"What do you want for the iron pot?" the lady asked.

"I must have ten kisses from the Princess," the swineherd answered.

"Heaven forbid!" the lady cried.

"I cannot take less," he replied.

"He is a rule fellow," the Princess said, and she went on, but had not gone many steps when the bells sounded so prettily. "Home, Sweet Home."

"Go again, and ask him whether ten kisses from my ladies will not do."

"I am very much obliged," he answered, "they must be ten kisses from the princess herself, or I keep my instrument."

"What rubbish all this is!" the Princess said. "Now you must all stand round me, so that no one may see it."

Then the ladies stood round her, spreading out their dresses; and the swineherd got the ten kisses, and the Princess the iron pot.

Never did anything give so much pleasure. The whole evening and the whole of the following day, the iron pot had to keep boiling, so that there was not a single hearth in the whole town that they did not know what had been cooked on it—at the Prime Minister's as well as at the shoemaker's. The ladies danced about, clapping their hands.

"We know who will have sweet soup and omelets for dinner, and who will have broth and sausages. Oh, how interesting that is!"

"Yes; but you must not blab, for I am the Emperor's daughter."

"The Lord forbid," all cried.

The swineherd, that is, the Prince—but no one knew he was anything more than a real swineherd—did not pass his time idly. He had made a rattle, which, when swung round, played all the waltzes and quadrilles that had been heard from the beginning of the world.

"Oh! that is superb!" the Princess said, as she passed. "I have never heard a more beautiful composition. Go and ask him how much the instrument costs; but I will not kiss again."

"He asks a hundred kisses from the Princess," the lady said, who went in to ask.

"Oh, miserable wretch!" the Princess cried. "Had I but accepted the handsome Prince! Oh, dear, how unhappy I am!"

The swineherd now went behind a tree, washed the black and brown and brown from his face, threw off the shabby clothes, and appeared in his Prince's costume, so handsome that the Princess courtesied to him.

"I only despise you now," he said. "You refused an honest Prince, and did not understand the value of the rose and the nightingale, but were ready to kiss the swineherd for a plaything. Now you see what you get for it all."

He then went into his kingdom, and shut the door in her face. Now she might well sing, "Home, sweet home."

He Says They Are Surely the Best

FRANK HANNON SWEARS BY DODD'S KIDNEY PILLS.

States that they cured his backache after other medicines had failed and that he would not be without them.

Corcoran, Joliette Co., Que., March 8.—(Special)—Claiming that he is completely cured of backache from which he was a severe sufferer, Mr. Frank Hannon, a well known resident here, is shouting the praises of Dodd's Kidney Pills.

"After trying various medicines for my backache," Mr. Hannon states, "I finally bought a supply of Dodd's Kidney Pills. From the start of the treatment I felt benefitted and now I am completely cured.

"I therefore proclaim Dodd's Kidney Pills the finest on the market. I would not be without them."

Dodd's Kidney Pills strike right at the seat of the trouble, the kidneys. They are no cure-all. They are simply and purely a kidney remedy. But as cured kidneys strain all the impurities, all the seeds of disease, out of the blood, Dodd's Kidney Pills naturally get credit for curing a number of different diseases.

Ask your neighbors about Dodd's Kidney Pills.

THE SWINEHEAD, CONTINUED.

"I believe he is mad," the Princess said, and she went on, but she had not got many yards when she stopped. "The arts must be encouraged," she continued, "and am I not the Emperor's daughter? Go and tell him that he shall have ten kisses from me the same as the last time, and the rest he can have from my ladies."

"Oh, but we are very unwilling!" the ladies cried.

"What rubbish that is," the Princess said. "When I can kiss him I should think you can, too, and remember that I feed you and pay you wages."

So what could they do, but go again?

"A hundred kisses from the Princess," he said, "or let each keep his own."

"Stand there," she said. The ladies stood round her, and the kissing began.

"What is all that commotion at the pig-stye?" the Emperor cried, as he stepped out on the balcony. He rubbed his eyes, and put on his spectacles. "Why, it is the court ladies, who are up to some of their tricks! I suppose I must go and look after them." So he pulled his slippers up at the heel, for they were shoes, the heels of which he had trodden down.

What haste he did make to be sure!

When he reached the yard he walked quite softly, and the ladies were so busily engaged counting the kisses, to make sure all was fair, that they did not notice him. He stood on tiptoe.

"What's this?" he cried, when he saw them kissing, and he hit them on the head with his slipper just as the swineherd was receiving the eighty-sixth kiss.

"Get out with you!" he said, for he was very angry, and the Princess as well as the swineherd was banished the Empire.

There she now stood crying; the swineherd grumbled, and the rain came pouring down.

Have Your Cleaning Done by Experts

Clothing, household draperies, linen and delicate fabrics can be cleaned and made to look as fresh and bright as when first bought.

Cleaning and Dyeing

Is Properly Done at Parker's

It makes no difference where you live; parcels can be sent in by mail or express. The same care and attention is given the work as though you lived in town.

We will be pleased to advise you on any question regarding Cleaning or Dying. WRITE US.

Parker's Dye Works Limited
Cleaners & Dyers
791 Yonge St. Toronto

FEEDING THE CHILD

A relative excess of proteins in the diet is needful if the highest state of growth and development is to be attained. Milk is the standard growth food, and milk is a protein food. Children who drink milk (two tumblerfuls) for breakfast and for supper grow early four times as fast as those who have coffee and tea.

During the first year of life a child requires almost an exclusive diet of milk. The majority of infants are given solid food too early and in too large quantities. The healthy infant, whether breast-fed, should not have any solid food (no bread, meat, eggs, etc.), until after 12 months of age.

The diet of a healtny child during the second year of life should consist of milk, some fairnaceous food, bread, a small amount of animal food, such as beef or mutton, beef juice, eggs and fruit. Milk should be the basis of the diet.

During the first half of the second year children require from 40 to 50 ounces of fluid food daily: during the second half of the year from 45 to 55 ounces. This quantity should be given in five feedings; four of these being of equal size, one, usually the mid-day feeding, which is given in connection with meat juice, one to three ounces daily, being smaller.

After the eighteenth month if most of the teeth are present, rare scraped beef or mutton may be given at times in place of the beef juice; not more than a tablespoonful of the scraped meat should be allowed daily. After the eighteenth month a soft-boiled fresh egg may also be given once or twice a week in place of beef juice. A small piece of stale bread dried in the oven, or a piece of zwieback may be given, usually with the mid-day meal, after the child has most of its teeth.

Fruit juice (orange, strained, or prune juice strained) may be given an hour before one of the milk feedings several teaspoonfuls every day after the ninth or tenth month of age. After the eighteenth month a tablespoonful of baked apple may be given (without sugar.)

The daily diet of a child 18 months of age should be arranged somewhat as follows: The first, second, fourth and fifth meals should be ten or twelve ounces of milk prepared with gruel. The third meal should consist of six or seven ounces of milk and gruel, with beef juice, scraped beef or egg and dried bread, water and fruit juice being the only things allowed between the feedings.

Children can usually be taught to drink from a cup at from 12 to 15 months of age.

From the third to the sixth year of age milk should be the basis of the diet, it being the standard growth food. Most children require a quart daily. Cream is of great value in the diet, especially if there is constipation. From two to eight ounces may be given daily. It may be used upon cereals, upon potato, in broths and mixed with milk.

Eggs—There are a valuable form of proteid. They should be fresh, soft boiled or poached, but never fried. Usually eggs should not be given oftener than every other day, as children readily tire of them.

Some form of meat should bze given once a day. The best forms are beef-steak, mutton chop and roast beef or lamb; next to these the white meat of chicken or fresh fish, which should be boiled or broiled. Beef and mutton should be given rare.

Potato may be given once a day, preferably baked, with the addition of cream or beef juice rather than butter. Of the vegetables, the best are asparagus tops, spinach, stewed celery, string beans and fresh peas. One of these vegetables should be given daily—always well cooked and mashed.

Cereals—Nearly any of these may be used: Oatmeal, wheaten grits, hominy, rice, farina and arrowroot. If the grains are used, cereals should be cooked at least three hours, after having previously been soaked several hours. They should always be salted and given with milk or cream, but with little or no sugar.

Meat broths are preferable to vegetable broths. Nearly all varieties may be given. Plain broths are not very palatable nor nutritious, but when thickened with arrowroot or cornstarch and when cream or milk is added, they are very palatable.

Bread and biscuits (crackers)—In some form these may be given with nearly every meal, better without butter until a child is 4 years old, as for young children cream is a better form of fat. All varieties of bread may be allowed when stale; also dried bread, zwieback, and oatmeal, Graham or gluten biscuits.

Desserts—The only one that should be allowed up to the sixth year are junket, plain custard, rice pudding without raisins, and, not oftener than once a week, ice cream (and of this the quantity should be very moderate).

Fruits—Fruits should be given in some form every day. Oranges, baked apples are most to be depended upon. Raw apples in most cases should not be given. Peaches, pears and grapes (with seeds removed) may be given, when thoroughly ripe and fresh, but only in moderate quantity. Berries are best deferred until children are six or seven years old, and even then should be given very sparingly.

The following should never be given sausage, pork in all forms, salt fish, to children under four and only occasionally after that age:

Articles forbidden — Meats: Ham, corned beef, dried beef, goose, duck, game, kidney, liver and bacon, meat sauces and dressings from roasted meats.

Vegetables—Fried vegetables of all varieties, cabbage, carrots, potatoes (except plain boiled or roasted), raw or fried onions, raw celery, radishes, lettuce, cucumbers, tomatoes (raw or cooked), beets, egg plant and green corn.

Bread and cake.—All hot rolls and bread, buckwheat and other griddle cakes; all sweet cakes, particularly those containing dried fruits and those heavily frosted.

Desserts—All nuts, candies, pies, tarts and pastry of every description; also all salads, jellies, syrups and preserves.

Drinks—Tea, coffee, cocoa, wine, beer, cider.

Fruits—All dried, canned and preserved fruits, bananas, all fruits out of season and stale fruits, particularly in the summer.

GEE, I'M HAPPY MY CATARRH ALL GONE

Suffered Like a Boob For Years—Got Relief in Ten Minutes.

Catarrhozone Did Cure

That's the way hundreds of the boys around town are talking since Catarrhozone got into the drug stores. Nothing on earth like Catarrhozone to really cure Catarrh, Colds or Bronchitis.

"Catarrhozone"—it isn't a drug—it's a healing vapor full of pine essences and healing balsams. It spreads over the surfaces that are weak and sore from coughing. Every spot that is congested away, phlegm and secretions are cleaned out, and all symptoms of cold and Catarrh are cured. Nothing so quick, so sure, so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone, large size which lasts two months price $1.00; small size 50c; sample size 25c.

FEEDING THE BABY, CONTINUED.

From the third to the sixth year four meals should usually be given daily and at regular intervals.

First meal—Half an orange, two tablespoofuls of some cereal well salted and two or three tablespoonfuls of cream, a tumbler of milk, one piece of bread and a little butter.

Second meal—A tumbler of milk or cup of broth with bread or two or three crackers.

Third meal—Two tablespoonfuls of finely divided chop or steak, one tablespoonful of baked potato, one tablespoonful of spinach, bread and butter, a cup of junket, water to drink.

Fourth meal—Milk with bread or milk toast.

A child must be taught to eat slowly and thoroughly masticate his food. The food must always be finely divided, for, as a rule, mastication is very imperfect even up to the sixth or seventh year. If the child is fed by the nurse, plenty of time should be taken for the meal. It is almost always the case that food is given too rapidly.

It is unwise to continually urge children to eat when they are disinclined to do so at the regular hours of meals, or when the appetite is habitually poor, and under no circumstances should children be forced to eat. Indigestible articles of food should not be given to tempt the appetite when ordinary food is refused, nor should these be allowed because of the notion that "the child must eat something."

Food should not be allowed between meals when it is habitually declined at meal time. If a child refuses to eat and examination reveals no fault with the food prepared, it should seldom be offered again until the next feeding time. In all cases of temporary indisposition, no matter of what nature, and during periods of excessive heat in summer, the amount of solid food should be reduced and more water given. If milk is the food, it should be diluted.

Children beyond six and seven years of age up to twelve years need to have plain, simple food. Milk—(a tumblerful night and morning always, and in the middle of the day, if possible), should never be omitted from the daily diet. Milk, beef, eggs, bread and fruit should form the staple diet. All sweets, pastry and highly-seasoned foods, tea and coffee should be prohibited, and nuts and candy only allowed (as dessert) on special occasions. Water drinking is very important during the period of growth. Water is needed for the solution of certain parts of the food, and it is also needed in large quantities for the rapid elimination of waste from the body. In proportion to its weight, an average infant during the first year of life requires a little more than six times as much water as an adult. The food of all of young mammals consists of from 80 to 90 per cent. water. During the time a child is upon an entirely fluid diet, little water other than that supplied by the food is necessary. Human milk (mothers') consists of 87 to 89 per cent. water, and the remaining per cent. is made up of fat, sugar, proteids and salt, in uncertain proportions, which vary according to the health of the mother. In acute illness of severe type the quantity of milk is reduced, the fat content low and the proteids are apt to be high.

For the infant to grow and be in health it must have milk of the best composition—the mother must be healthy. If the baby be bottle fed, clean, good cow's milk is necessary for its growth and development. Young children, too, must have this staple food generously supplied, else they will not thrive.

ACUTE ECZEMA ON BABY'S HEAD

Face, Neck, Arms. Terrible Sight. Itched And Burned. Cuticura Heals.

"Baby was two months old when I noticed little pimples on her head. They kept getting worse and spread till her head, face, neck and arms were one mass of eruptions, burning, itching, and bleeding. I was told it was acute eczema. I had to sew up her arms and legs in linen. She was a terrible sight. For one year I had no rest night or day.

"We got Cuticura Soap and Ointment. In less than two weeks she began to mend and in a few months she was healed." (Signed) Mrs. Boorman, 243 McDonnell St., Peterboro, Ont., April 19, 1919.

Stop the use of all doubtful soaps. Use Cuticura for all toilet purposes.

Soap 25c., Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.
Cuticura Soap shaves without mug.

VOODOOISM.

Worshippers fo Cuba Are Divided Into Various Sects.

The Voodoo worshipers of Cuba are divided into various sects, each with its separate god. The latter include Babagueye, god of sickness; Elecua, god of injury; Olorrun, god of misery and Chango, the terrible god, to whom human sacrifices are made. Chango, according to the Voodoo belief, was the son of Olorrun and Anaragua. He was slain by Elecua, the god of injury and ascended into heaven from a Ceiba, or god tree, in the month of May, therefore that the Brujos observe their only week, when Chango is expected to make a week's visit to the earth, descending by the Ceiba, his sacred tree, always on Monday. The followers of Elecua do not directly offer human sacrifice, although their healers sacrifice the lives of some patients by giving them poisonous concoctions, supposedly a mysterious cure for some ailment, in order to restore to health some other patient. Elecua being the god of injury, his followers believe that good can come to one person only thr[ough] injury to another. Voodooism is not practiced by the negroes alone. Many white persons also are said secretly to take part in their religious meetings, and accusations have been heard in many quarters of the difficulties encountered by officers seeking to break up their temples because of the obstacles placed in their way by persons of influence. An active campaign by the authorities in Havana and other parts of the island have resulted in the capture of numerous Brujos and the seizure of many curious and weird objects used by them.

LIBERAL DAD.

"Yes," said the young wife, proudly, "father always gives something expensive when he makes presents."

"So I discovered when he gave you away," rejoined the young husband, feelingly.

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 failing 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, agency and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrefreshed sleep, dark rings under eyes, weakness or pain in back, lumbago, dyspepsia, constipation, headache, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 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 manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 29 years in treating men and their ailments.

Dr. Ward's Methods Unrivalled, 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 me a 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.

BABY'S OWN SOAP

In the interest of your skin, insist on Baby's Own Soap. Cleansing—Healing—Fragrant

"Best for Baby—best for you."
Albert Soaps Limited, Mfrs., Montreal. 620

NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me.

"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. ALTERS, R. R. 4, Oregon, Ill.

Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters.

Women everywhere in Mrs. Alters' condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your serv[ice].