

**Summer Problem**

The cooking is done in a... The plank with the... is placed on a platter... After these plank-... always rejoice that these... dishes to be bathed... some of our favorite Sun-... which can be partly pre-... tuesday, and recipes for... fishes:

Gravy  
Sweet Potatoes  
Cob  
Butter  
Jam  
Cucumber Salad  
Molasses  
BEN DINNER  
Bananas  
Apple Sauce  
Cakes

Browned Potatoes  
Tomatoes  
Butter  
Jelly  
Apple Salad  
Mustard  
Coke

EN CASSEOLE  
two young chickens.  
the pieces in flour and  
Place in a casserole,  
one teaspoon salt and  
one pepper. Add one  
cover. Set in a slow  
until the chicken is  
ed, reheat in the oven

AVARIAN  
spoons gelatin in cold  
water, add it to one cup  
of milk until all the gelatin  
is dissolved. Add six large ripe  
strawberries, wash and  
slice. Add the pulp through a  
sieve. Add three-fourths cup  
of sugar and stir into the  
mixture. When the mixture  
is cold, fold in two cups  
of whipped cream.

ER SALAD  
with three cups shredded  
cabbage and a dash of  
vinegar. Layer with  
sliced carrots in the  
middle. Dressing and  
a pinch of carrots and  
beans. Cook until  
water and then

DINNER NO. 1  
ham about one inch  
thick. Cook in  
fifteen minutes. Turn  
arrange six sweet  
meat. Cut into  
slices and about  
less in thickness,  
ten minutes before  
the plank. Place a  
slice of potato,  
large bananas, cut-  
lengthwise and  
the ham. Return  
until the sweet  
is browned and the  
Serve at once.

DINNER NO. 2  
of steak and sea-  
cup catchup, three  
teaspoon mus-  
like, two table-  
spoons may be add-  
of the meat and  
of the plank. If  
in strips and lay  
small new pot-  
atoes, roll in flour  
plank around the  
small tomatoes in  
on the plank. Place  
on every potato  
and sprinkle with  
and one-half tea-  
spoons butter.  
Cook in a  
at forty-five min-  
utes from time

**NEW STRENGTH FOR WEAK GIRLS**

Can be Had Through the Rich, Red Blood Made by Dr. Williams' Pink Pills.

There comes a time in the life of almost every girl when weakness attacks her. The strain upon her blood supply is too great, and there comes headaches and backaches, loss of appetite, attacks of dizziness, heart palpitation, a constant weariness and a tendency to a decline. All these symptoms may not be present in any particular case but the presence of any one of them shows the necessity for prompt treatment. And the very best treatment is through the blood-making tonic qualities of Dr. Williams' Pink Pills. They are the one thing needed to maintain the health of growing girls and women of mature years.

Here is a bit of strong proof:—Miss Matilda Breen, King Highway, Newcastle, N.B., says:—"I was in an extremely run-down and nervous condition. I was losing flesh, had a poor appetite, always pale, and suffered frequently from headaches. In fact my condition can best be described as miserable. I had tried several treatments but they did not help me in the least. Then, reading one day about Dr. Williams' Pink Pills, I decided to try them. After using three boxes I was much improved, but continued until I had taken six boxes, with the result that I am now well and strong, with good color and a hearty appetite. In view of what Dr. Williams' Pink Pills have done for me I cannot recommend them too highly."

You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**A Poplar in Kent.**

There's a poplar stands beside a wall in the little village of Hayes, in Kent. That very often I recall— With an ocean between and a continent.

The West is good, and its sun-burnt men Are friendly; but still, from a rainy Isle Come to me memories now and then; There's a beirny in yew-trees; a rustic stile;

There's an fried wall and a blackbird's trill; A haze of bluebells beneath beech-trees; A ploughman ploughing a long, grey hill, With rooks behind; I remember these.

There's even a pew, in a time-stained inn, Washed by Jarge adown the years, Through the dusky window the gold of whin, But mostly, remembering, there appears

A curve of road by a red brick wall In the little village of Hayes, in Kent, The poplar balancing over all— Across a sea and a continent. —Frederick Niven, British Columbia.

One of the most surprising discoveries of the German expedition at Ashur was a tablet containing an account not only of the Creation, but also of the long-sought Babylonian Garden of Eden, the fall of man, his destruction and re-creation, and the redemption of the gods by the death and resurrection of Marduk.

**WE WANT CHURNING CREAM**

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

**Bowes Company Limited, Toronto**

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

**DOCTOR THUNA HERBALIST**

For Removing Tonsils and Adenoids or any form of Glands without operation call to see Dr. Thuna.

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Branches: 2205 Queen St. East, Cor. Levey Ave., Tel. Gladstone 0486; 230 Danforth Ave., Tel. Howard 7776. Call or write.

**Storing Eggs.**

ments testing the process of preservation conducted at the Farm. Differing eggs for win-... investigated. The safe given in de-... of the Dominion... man, distributed Branch, Dept. of... extending eggs treated by... cess, which con-... in a boiling oil, graded much treated ones and... or flavor. Other... out by the tests... be stored with... that they should... that clean eggs... ty or wash... be stored

**DUTCH SETTLERS FOR WEST**



A family of Dutch Settlers recently arrived in Western Canada over Canadian National Railways after crossing from Antwerp on the S.S. Zeeland of the Red Star Line. Many settlers of this type are moving to the prairie provinces during the present season and they give promise of becoming splendid farmers.

**PRAIRIE PROVINCE FISHERIES**

The commercial development of the fisheries of the Prairie Provinces has been a remarkable one in many respects. In 1915 the value of these fisheries was \$1,002,947, indicating an increase in the value of production in the nine-year period of more than one hundred per cent. The capital invested in the industry in the three provinces in 1924 was \$1,060,557 as compared with \$973,959 in the previous year, each province recording an increase. In the same period the number of employees in the industry increased from 3,697 to 4,411.

The market for the growing volume of fisheries production of the Prairie Provinces is in the United States, particularly in the great Middle West, whether it travels from the great inland lakes in special refrigerated cars. The product of the prairie waters, however, is coming into continually increasing favor much farther afield, and the Eastern States. In certain points in Manitoba in 1924, shipments to the United States increased by 75 per cent. Whist from Winnipeg close on 600,000 pounds of Manitoba whitefish was in the season shipped to New York and Boston each week. In the last fiscal year the United States bought from Canada 106,233 cwt. of whitefish worth \$1,147,358, almost all of which came from the Prairie Provinces.

Remarkable as has been the development of the fisheries of the Prairie Provinces, it is virtually insignificant in view of what they might be made to produce with a greater and reasonable development of their logical markets. The amount of fish in the numerous, mighty lakes of Western Canada is beyond computation, and with the intelligent methods of conservation established by the Government their production can be multiplied many times without the remotest danger of depletion or exhaustion. Canada is considered comparatively to have a very low fish consumption with about 25 pounds per capita per year, but the consumption of fish in the United States is stated to be less than five pounds per capita per annum. It is said that many of the inland states have barely a speaking acquaintance with this valuable article of diet, lacking a local supply, and this large area as well as the field of the greater part of the United States is the logical market for the fisheries of the Prairie Provinces.

**Lighthouses for Air-Liners.**

Before many years have passed, "By Air to Anywhere" will be a suitable advertisement for the world's service of air-liners; and just as ocean routes resulted in our coastal lights, so these air routes will produce lighthouses for the guidance of air traffic.

The first of a series of these light-houses has just been completed on the outskirts of Dijon, on the top of Mont Atrique, a hill about 1,800 ft. high. It is one of several that will mark the air route from Paris to Algeria. The light has a strength of eight hundred and seventy-four million candle-power, and gives a flash that will be visible on a clear night for over 300 miles. A similar lighthouse is to be built in the neighborhood of Paris.

At the same time comes news of a proposed survey, to cost \$45,000 of an air route between Kenya and Kameroun, and there can be no doubt that Africa, once the Dark Continent, will loom large in air annals, and will presently have many such lighthouses as the one at Dijon.

**Smiling and Frowning.**

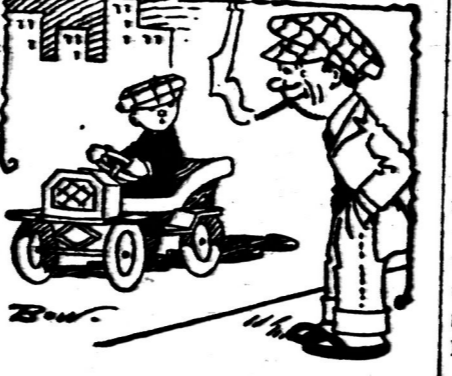
A medical writer states: "To frown, you use sixty-four muscles, but to smile only thirteen." So that less energy is expended in smiling than in frowning. Certainly in spiritual and moral things it is infinitely better and more progressive. There is no better advertisement of happiness and success than the smile.

Watch the people in your street. Their faces will assert the type of life they are living. Our features are remarkable indicators of the inner life. How many of them are sad and depressed! Could people but know that fret and fume and frown and fear and worry are the slow poisons of human life, they would probably pass them over.

What good does it do to be anxious? What good does it do anyone? Things get worse instead of better with it. The end is not reached any easier or quicker, but we are left to go on with diminished strength. Nothing good ever came by brooding over troubles—either our own or those of other people.

Frowning has fellowship with negative things. Success never comes that way. Only as we claim the positives do we move towards the goal of attainment. As you frown you entice the drab and grey things of life; and we always become like the things we look at and live with. Get into touch with life's harmonies and you will see things in a very different color.

All that is detouring in life comes from the same sources as the frown. Misunderstandings, slights, misconceptions, scandals, selfishness, and sins are all black fellows and give rise to the frown by which our neighbors are often persecuted. Not only do they look black, but they are the very things that create disease and end in



Big Game. "Why do you call yours a sports model car?" "Cause it gets more pedestrians than any other type of car."

**Your Wonderful Eye.**

Few people realize the extreme minuteness of the image received by the eye, according to Dr. Fraser Harris in the "Optician and Scientific Instrument Maker."

The eye is a camera which has a double convex lens in front, a sensitive plate (the retina) behind, and is blackened inside, and, as in the plate of the photographer's camera, the image in the retina is upside down.

The centre surface of the retina is only about one square inch, a very small portion of it receiving the image of the outer world. This portion where the image is received is a specialized, slightly hollowed spot about one-twelfth of an inch in diameter—the macula lutea.

The photographic camera is adjusted for light by stops; the eye camera, by little muscles that dilate or contract the pupil.

Although Waterloo and Charing Cross Stations, London, are only a few hundred yards apart, a heavy locomotive had to travel 100 miles, by way of Guildford, Redhill, and Tunbridge Wells, to get from one terminus to the other.

By Government orders, no more than 100,000 seals may be taken from the Behring Strait in any one year.

**Dangerous Ozone.**

Ozone is really oxygen—not the ordinary oxygen we breathe, but an intensified form of it. Hence, what oxygen will do, ozone will do with greater power. Fresh air, containing plenty of oxygen, is good for us; how much better, then, is "ozone" air?

Nevertheless, on account of its potency only very little ozone should be present in the air we breathe. Where oxygen merely makes fire possible, ozone causes excessive combustion; many things that are ordinarily incombustible burn in it; rubber rots or "burns" in it in a few minutes, and so do the soft tissues of our air-passages, lungs, and eyes.

Even in the freshest air of the sea coast or mountain top the ozone present is infinitesimal, not enough to be smelled, though the odor of seaweed is often mistaken for it.

It is formed naturally by the action of the sun's ultra-violet rays on the upper atmosphere, but it is absent from the air of big cities because, owing to its activity, it destroys or "burns up" all sorts of organic matter like dust and soot, and is itself used up in doing so.

This characteristic activity of ozone, combined with the fact that its action leaves behind only pure, harmless oxygen, makes it at once a powerful and a "safe" disinfectant.

It is manufactured, electrically, on a large scale for use in the arts, as well as for cleansing wounds, ventilating meeting-houses and soon, and keeping fresh the water in aquariums. By its use, too, the water supplies of such towns as Lille and Leningrad are sterilized.

Ozone was first noticed in 1785 by du Marus. Fifty odd years later, Schonbein, the friend of our great Canaday, found that the smell was due to a special gas formed from the air by the electric discharge. He it was who named the gas "ozone," meaning "the smelling stuff."

**UNSURPASSED FOR CHILDHOOD AILMENTS**

Mrs. Howard King, R.R. No. 5, Truro, N.S., says:—"I am the mother of four children and have always used Baby's Own Tablets when any of them needed a medicine and I can recommend the Tablets as being unsurpassed for childhood ailments." Thousands of other mothers agree with Mrs. King as to the merits of the Tablets. There are thousands of homes throughout Canada where the Tablets are always kept on hand in readiness for the least sign of any of the minor ailments which afflict little ones. Baby's Own Tablets never fail to regulate the stomach and bowels, thus they banish constipation and indigestion; break up colds and simple fevers; relieve colic and bring the baby through that dreaded teething period in safety. The Tablets never do harm—always good—as they are guaranteed absolutely free from any injurious drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Made Rich by Rain.**

When one speaks of weather making a place rich and populous, one's first thought is naturally of health and pleasure resorts where blue skies and sunshine are usual and rain scarce. But there are many places that owe their success to bad weather.

Dufftown, in Banffshire, possesses no fewer than seven large distilleries and is famous for the fine quality of its whiskey. Ret Dufftown is one of the wettest places in Scotland.

The average rainfall must be something like fifty inches a year, or much more than double that of London. Now, the quality of whiskey depends largely upon the water used in the distillation, and probably Dufftown's big rainfall gives the water supply needed for the production of the finest type of spirit.

Manchester and its neighboring cities have a damp atmosphere that is particularly adapted to the spinning of cotton, and these places would be in a fix if the rainfall were suddenly halved. For similar climatic reasons Belfast has become the world's centre of the linen trade. Belfast has 231 rainy days out of 365, and this suits both the growth of flax and its manufacture.

For Every Ill—Minard's Liniment.

15¢ PER BOX

**OLD CHUM**  
The Tobacco of Quality

**Still Blowing Hard.**

Two young lawyers, both trying to make reputations as orators, happened to be pitted against each other in an argument. Both spoke at great length, and in closing the second speaker remarked that he was sorry to find his colleague on the wrong side, for there was every reason why they should agree.

"We were brought up together, we studied together, and we were born on the same day."

"Did I understand you to say that you were born on the same day?" asked the judge.

"Yes," came the prompt reply.

"On the very same day?"

"Yes, sir."

"Then it must have been a very windy day."

**Her Social Secretary.**

Hilda—"Now, mother, try to remember what I want you to do. If Harry comes, telephone Jack that I can't meet him because I've got to keep an appointment with George."

Keep Minard's Liniment in the House.

Inmates of British prisons entitled to have library books have been known to ask for text books on higher mathematics and advanced science.

**MURINE** You Cannot Buy New Eyes  
But you can Preserve a Clear, Healthy Condition of Your Eyes  
Murine Eye Remedy  
New York Eye Clinic, Clear and Healthy  
Write for Free Eye Care Book  
Chicago Eye Remedy Co., 9 East Ohio Street, Chicago

**Eczema On Hands For Two Years Cuticura Healed**

"For about two years I suffered with eczema on my hands. It started with small scales and then turned to a rash and was very sore and red. It itched terribly at times and kept spreading until my fingers were covered with it. I could not put my hands in water nor do any work. I did not get much sleep at night on account of the irritation. I used other remedies without much success. I saw Cuticura Soap and Ointment advertised and sent for a free sample. After using it I purchased more and in a month's time I was completely healed." (Signed) Lawrence Chauvin, West Chazy, N. Y., Sept. 27, 1924.

Make Cuticura Soap and Ointment your every-day toilet preparations and have a clear, sweet skin, soft smooth hands, and a healthy scalp with good hair. Cuticura Talcum is unequaled in purity.

Sample Each Free by Mail. Address: Canadian Distributors Ltd., Montreal, Quebec, 500 St. Catherine St. W. and 500 St. James St. W. Cuticura Shaving Stick 25c.

**Classified Advertisements**

**SALES ORGANIZER WANTED.**

LARGE FLAVORING BOTTLE HOUSES selling direct to homes, wants bright energetic man or woman as sales organizer in each county. Right party can easily make \$50 a week. Write: Mrs. Dink B. Niagara Falls, Ont.

**ASTHMA!**

Spread Minard's on brown paper and apply to the throat. Also inhale. Quick relief assured.

**MINARD'S "KING OF PAIN" LINIMENT**

**Improve Your Appearance**

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

**TO EXPECTANT MOTHERS**

Letter from Mrs. Ayars Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Spring Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights, my back ached so across my hips, and I could hardly do my work during the day. I never had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggist in our town, but I saw your medicine in T. Eaton's catalogue. I see a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my friends about it." — Mrs. ANNIE E. AYARS, Spring Valley, Sask.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system so that it may work in every respect as nature intends. All druggists sell this dependable medicine. Give it a trial.

**Genuine BAYER ASPIRIN**

Proved safe by millions and prescribed by physicians for

Headache Neuralgia Colds Lumbago  
Pain Toothache Neuritis Rheumatism

**Safe** Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Apply to the trade mark (registered in Canada) of Bayer Manufacture of Monocrotic acid of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."