

MEAN?

in cream, 2
sugar, and
ilk graduat-
with thick-
Cool. Add
in and put
back freezer
and ice and
one

CREAM.
plate, 1 cup
raspberry
y cream, 1

water. Scald
half the
peolate, stir-
all chocolate
is not done,
in the ice
half of
egg yolk.
Add sugar
of water to
Add vanilla
put into ice

CAM.
up sugar, 2
and dissolve
the remaining
2.

CREAM.
herbet glass
and the up-
Susan, using
petals and a
w the centre.
M.
e or 3 cups
cream, 2 cups

the sugar and
is dissolved,
ool and com-
reeze.

sugar, and
mize juice, 4
ing sugar to
boil for five
and juice and
freezes.

cream in Fruit
tablespoons

AM.
and bake it
half inch from
idea, cut out
PKI with
an extend two
cake. Cover
pu made of
tablespoons
ne flush with
and make cer-
holes through
erate. Place
it into a very
right minutes,
mediately. In
through mer-

nds of onion,
After the
from the fat,
ed into it and
ed crumbs is

IMMR.
many consists
ed water until
with a fork.
neated butter
apined with

Calves.
and not a sat-
ltern in a calf
Dominion Ex-
periment was
ent calf-meals
the best for
ives as nearly
and weight
ets. The first
trial calf-meal
the record
ed at the Cen-
consisting of
ita, corn-meal
head one part,
except that
at the Scott
cows was re-
barley. The
the cows when
and were fed
ake, when the
skim-milk was
ase the usual
ter before he-

The conce-
the milk and
who's oats 2
-cake meal 1
tasted 119

25 Mr. Victor
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h his delin-
guins followed
Ottawa pro-
pounds gain
-Scott paper
the gains were
to us thirty
now the selling
easily pro-

WOMEN OF MIDDLE AGE

Wood Rich, Red Blood to Main- tain Good Health.

After passing the age of forty every woman has reason to grow anxious about her health. This time of trial, with its attacks of faintness and fits of depression, its often violent headache and back pain is rightly dreaded by women; but if reasonable steps are taken to safeguard the health, no serious ill-effects will arise. At this turning point in life Dr. Williams' Pink Pills have given a helping hand to thousands of suffering women who were fighting a hopeless battle against poor health and waning strength.

The very best help for any woman of middle age is the health help given by Dr. Williams' Pink Pills. These pills reinforce the blood supply, en-ergetic and purifying it. In doing this they nourish the starved and over-taxed nerves and give new strength and vitality to the whole system. By this natural process Dr. Williams' Pink Pills completely dispel all pains and weakness, and a better, happier condition of health and spirits arises.

Every woman of middle age should take advantage now of the wonderful health-help of Dr. Williams' Pink Pills. They are sold by all medicine dealers or will be sent by mail at 50 cents a box, by The Dr. Williams' Medicine Co., Brockville, Ont.

He'll Land on Top.

No matter how little he's getting;
No matter how little he's got,
If he works a grin and trying to win-
He is doing a mighty job!
No matter how humble his job is,
If he's striving to reach the crest,
The world has a prize for the fellow
who tries—
The man who is doing his best!

Today he may be at the bottom
Of the ladder to wealth and fame,
On the lowest rung, where he's bravely
clung,
In spite of the knocks—dead game,
But slowly he's gaining a foothold,
His eyes on the uppermost round;
It's a hard climb, but he knows in time
He will land—and be looking down!

The fellow who never surrenders,
And is taking things as they come;
Who never says "quit" and exhibits
grit
When the whole world's looking grim;
The fellow who stays to the finish,
That nothing can hinder or stop,
And who works like sin, is the chap
who'll win
And some day he'll land on top.

Swing-Working An Art.
It takes 7 men to make a single
noodle. Each noodle has to go through
twenty-two different processes before
it reaches its marketable form.

The trouble with a great many
young men who want to see life is
that they imagine none of it is worth
seeing by daylight.

CREAM

We are satisfying hundreds
of shippers with our cream
prices, tests, grades, daily
payments. We are paying to-
day: Special, 35c; No. 1, 34c;
No. 2, 31c. We pay Express
Charges. Ship us your Cream.

SIMONDS

SAWS

Their teeth are of a tough,
wear-resistant material which
keeps their cutting edge un-
der every usage.

SAWING, ST. JOHN, N.S.
TORONTO

TOURIST CAMPS

Tourist Camps and Refreshment Booths along the highways and roads of Ontario are now inspected by the Department of Health and each proprietor who maintains his premises and the necessary equipment in a sanitary manner is granted an Approval Sign.

When you are motoring, look for this sign:

MOTOR TOURIST CAMP
APPROVED
Ontario Department of Health

It will help you to locate water safe to drink and proper accommoda-
tion for rest and camping.

Away from home, you cannot afford to take chances with your food
and drink. An attack of typhoid fever following the use of infected water
or milk or swimming in a polluted stream will certainly spoil the effect of
the happiest holiday.

Milk: "Know your Milkman"—at least try to secure pasteurized
milk. The best is milk that is milked clean and kept clean and cold
West. Buy meat kept on ice. You wouldn't think of eating "hot dog"
which has been heated and re-heated for a week, if you were home—then
hurry on having your winners taken off the ice and boiled fresh for you.

Water: Secure your drinking water at Approved Camps and Refresh-
ment Booths; they have safe water supplies.

Bathing: There are plenty of safe places to swim. Bath only in
water which is free from contamination. A safe method of bathing is to
use any of the above may mean sickness. Prevention is the best plan for
motor tourists—get inoculated against typhoid fever before you start on
your motor holiday. Vaccine is supplied free for use of Ontario-patients
by the Department of Health.

Holland's Color.

The glory of Holland is its color. Everything seems to be painted by house—doors, barges, windows—sill-boards (the best laid in the world), all but the blue eyes and faxen hair of the girls and children—as as finally to give a mingled impression of gaiety and repose such as no other country I know seems ever to try and yield. For many passing years this national genius for color contrast in the art of painting, and the tradition is by no means dead to-day. We have many fine Dutch pictures in this country, but it is necessary to go to Holland in order to see how the most exquisite things in their art flow from the daily life of the people and are the expression of the ordered neatness of their lives. It is material and over-precise? Maybe. . . . He found that he could paint anything—from the human face to a sheet of paper or a pot of basil—and color it so divinely as to make Nature's handiwork seem almost as good as Nature's. Nothing was common to such artists . . . a man's house might be his church, and its ante-room glitter like a jeweled altar. Nor was spirituality wanting to an art which, in a liberal view of it, seems the most Christian in the world. There is no more religious picture than Nicolas Maess's Endless Prayer, and the portraits of Terburg and Vermeer . . . come little behind it in the power to glorify the simple life and ennoble the refined one. Dutch painting is no celebration of poverty and dirt, as so much of ours is. Maess's praying peasant is none the worse because she is "asking a blessing" over a salmon cutlet; or Holland because its Broadland is a neat and peopled countryside, while ours is a lonely and half-cultured marsh; or Morland a greater artist than Jan Steen, because the Englishman is a gloomy painter and the Dutch a merry one.—H. W. Massingham, in The Nation (London).

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—They always do good. The Tablets are sold by medicine dealers or by mail at 25-cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The First Vaccination.

Although vaccination is indubitably linked with the name of Jenner, there is ample evidence that it was practiced by farmers and others in the rural districts of England long before his day.

It was common knowledge amongst these people that an attack of cowpox immunized the sufferer against small-pox, and it was quite usual for farm workers to infect themselves and their children with the former complaint to protect them against the latter.

Indeed, twenty-two years before Dr. Jenner made his first vaccination a farmer named Benjamin Jesty, of Downhay, England, openly advocated the practice—but, not being a medical man, he was laughed at for his pains.

Plane Types Reduced.

Standard types of army aircraft have been reduced from 15 to 5.

The British Museum contains books inscribed on oyster shells, bricks, flax, bones, ivory, lead, iron, copper, sheepskin, wood, and palm leaves.

AGENTS WANTED

We now want in unpopulated territories with sales ability and good personality standing to represent a new and profitable range of bottled goods and direct from manufacturer. From sport suits, cameras, walking sticks, etc. to Hosiery, beauty, winter coats, and better goods, send to the highest grade, largest stock. All these made completely in our own factory from raw materials. Liberal commissions; lowest prices; nothing but quality. Pleasing and profitable; satisfaction guaranteed. Our representatives: five make good and stay with us. Write for full particulars at once.

BRITISH HAWTHORN COMPANY,
Ottawa, Ontario.

LIVING EARTH LOVED LIFELESS

That Was When Only Microscopic Organisms Existed.

The upper sketch shows the eight-armed cuttlefish or octopus. The lower sketch shows the ten-armed cuttlefish or squid capturing a fish. The cuttlefish are molluscs and represent the greatest development of the backboneless forms of life.

Secrets of Science.

By David Dietz.

The first great step in the evolution of life upon the earth was the origin of life.

The second great step was the division of the first microscopic globules of living matter into the two classes, plant and animal.

But both the first plants and the first animals were one-celled organisms.

The third great step was the development of many-celled animals and plants.

An organism which we find on the earth to-day gives us a clue to how this happened and lead us to believe that there was a half-way step between one-celled and many-celled organisms.

In canals and streams we find a microscopic organism which has been named the "volvox." It looks like a little green ball.

In reality it is a colony of one-celled animals all living together.

All the microscopic cells forming volvox are alike.

But there are other colonies of organisms which show different kinds of cells. Here we have a division of labor, as it were. This probably marks the beginning of the many-celled animals and plants.

Today we find microscopic many-celled animals and plants. Therefore

All These I Own.

I own the memory of whispering trees
Which gossip in the wind at early dawn;
A roving cloud's swift shadow on the
leaves,
And petals like soft snow adrift the
lawn.

And mine the spectral cry of wild, sky
loon,
The gulls like silver foam upon the
sea,
And scented purple dush beneath a
moon
Shining and crescent like a scimitar.

I call these mine: the rocks firm-set
and cool
Where barnacles and shaggy sea-
weeds are,
Token of vagrant tides; this shadowy
pool
Which mirrors back the radiance of
a star.

Mine is the clamor in the thunder's roll
Tossed as by might of Titans from
on high,
Mine is the splendor as the lightning
scroll
Cleave's a swift pathway in the riven
sky.

I own the dreaming haze on distant
hills,
The long pale pathway of a wind-
ing lane,
The nodding cowslips, fern and daf-
fodils,
The magic curtains of a summer rain.

Mine is the smell of freshly furrowed
earth,
The gleam of sunlight on a running
brook;
Mine is the wonder of each spring's
new birth,
The autumn fields and grain within
the stook.

And mine the mystery of a velvet
night
Across whose sky a far-fung jeweled
sue
Arches the heavens, scintillant with
light;
These memories are mine—all these
I own.

—Mary Chase Withersbee, in Christian
Science Monitor.

Plane to Carry One Hundred.

An airplane that will carry 100 pas-
sengers is being built.

The railway sleepers in Central
Africa are made of metal, because the
ants would very quickly destroy wood
or sleepers.

High Birth.

High birth is a thing which I never
know any one to disparage except
those who had it not; and I never
knew any one to make a boast of it
who had anything else to be proud of.
—Bishop Warburton.

PSORIASIS, ECZEMA and Other Skin Troubles

SOREMA

is the discovery of a Canadian Drug-
gist of thirty-five years' experience,
who was, for fourteen years, a sufferer
from Psoriasis. After all the usual
treatments (including X-ray) had fail-
ed, he began experimenting with vari-
ous combinations of drugs used in
cases of Chronic Skin Diseases and de-
veloped a formula with which he
FREED HIS SKIN OF THE DISEASE

SOREMA has, since, been used with
equal success in a large number of
long-standing cases of Psoriasis, Ecze-
ma, etc. Numbers of enthusiastic
users testify to its amazing results.

SOREMA is sold at your Druggist's or
write us direct. SOREMA Ointment,
\$1.00 per box; SOREMA Blood Alterative
Tablets, 75c per box.

FLASH PRODUCTS, LIMITED
1104 BAY ST. TORONTO

DRAGGING-DOWN PAINS RELIEVED

Woman Suffered Nearly a Year.
Lydia E. Pinkham's Vegetable
Compound Brought Her Health

Moose Jaw, Sask. — "I am going to
try to tell you what Lydia E. Pink-
ham's Vegetable Compound has done
for me. I suffered very badly with
dragging-down pains and inflamma-
tion, also pains in my right side over
my hip and down my whole side into
my leg. I had it nearly a year when
I went to a doctor and he said I
would have to have an operation. But
my mother said to take Lydia E.
Pinkham's Vegetable Compound as it
saved her life years before. I took
two bottles and I found I was better,
so I kept on taking it and also used
Lydia E. Pinkham's Sanative Wash.
I have had two more children since
then and am perfectly well. I used
to have to lie down two or three
times a day, and now I do all my
housework without trouble. I al-
ways keep the Vegetable Compound
in the house as I find a dose now and
then helps me. I am willing for you
to use this letter any way you see fit
and I will answer letters. If I can help
any other woman I'd be only too glad
to try."—Mrs. ESTHER HUGHSON,
712 Athabasca W., Moose Jaw, Sas-
katchewan.

Lydia E. Pinkham's Vegetable
Compound is a dependable medicine for
all women.

For sale by druggists everywhere. G

MINARD'S LINIMENT

Remove the hard flesh and apply
Minard's freely and often. Also
splendid for bunions.

CORNERS.

Remove the hard flesh and apply
Minard's freely and often. Also
splendid for bunions.

WISSEGG LAYERS.

Little Reggie, having had an egg put
before him for breakfast, said: "Mam-
ma, where did you get this egg?"
"From grandma's chickens," his
mother answered.

"Well," said Reggie, "how do gran-
ny's chickens know the size of our egg-
cups?"

British Thrifty.

Before the war, there were only 400,
000 holders of English government
securities altogether. To-day 14,000
new holders of government securities
are being registered every week, which
equals about 700,000 new subscribers
per annum.—Thrifty Magazine.

Keep Minard's Liniment handy.

A Big Plan Book

Handsome illustrated with plans of
modernized homes by Canadian Ar-
chitects. MacLean's Building
Guide will help you to decide
on the type of home, exterior
finish, materials, interior ar-
rangement and decoration.
\$2.25 for a copy.
MacLean's Building Guide
22 Adelaide St. West,
Toronto, Ont.

Real economy is not saving money.

at all; real economy is spending
money wisely.—Wardlaw M'Innes, M.P.

Real economy is not saving money.

at all; real economy is spending
money wisely.—Wardlaw M'Innes, M.P.

Relieve Irritations By Using Cuticura

Bathe the affected parts freely
with Cuticura Soap and hot water
dry without rubbing. Then apply
Cuticura Ointment. For eczema,
itching, irritations, etc., they
are wonderful. Use Cuticura
Soap daily to keep your skin clean.

Sample Free by Mail. Address: Cuticura
Manufacturers, Inc., 1111 North
12th Street, St. Louis, Mo.

100% Cuticura, Shaving Soap, etc.

ISSUE No. 12-21

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DESTROYS
Flies, Mosquitoes,
Beetles,
Bugs

BAYER

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

- Colds
- Headache
- Neuritis
- Lumbago
- Pain
- Neuralgia
- Toothache
- Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package
which contains proven directions.

Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100.—Druggists

Always be sure you get (traded in Canada) the Bayer Manufacture of Monocrot-
nolide of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known
that Aspirin comes from Bayer's manufacture, to avoid the public confusion, the Tablets of
Bayer Company will be stamped with their grand trade mark, the "Bayer Cross."