to twed rot, or cabving), a t of bran , provide a welcome

fully planwell cooka week, at ng in chopalsins and nixing half al. If the a lunch at rnoon give of orange mulating a isp wafer: ag nog or hole wheat

dain, crisp nst desserts ently then nut and se entrees. pped meat d them, beadaptabilchopped meat loaf. stly somery mixing

ned tomaen thickenrnflakes or two beaten other seacabbages added to additional r may be last min-



deceiver!

ew Seal e in the Imperial ought out thousands

vaguely

ed of two er hinged of an inch is manuto the old ammer—a r." after the per-Chancel-

tip: The silage out the chute or throw the roof. thing betinges and feet from must be door inof chute. ldy ensil-

Beau.

or can be

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Name

Iona Sacred Isle of the Hebrides.

No one spending a week or more in Scotland should leave without making an effort to go to the Island of Iona, the sacred isle of the Hebrides off the the sacred isle of the Hebrides off the West coast.

This is the birthstone of Scotia's nationality, culture and religion, and the Church of St. Columba might be called the Westminster Abbey of the land, for it contains revalties of S.

Ireland, Norway and France.

If you want to make your rooms growing child, the parent is in a quanlook larger, as well as more restful to dry. What is to be done on such octhe eye, use a large rug instead of casions?- As often as not there is no the scatter size, and plan for a border a suitable medicine in the house. The of painted wood or parquetry. Carry-puzzle is what to give him to set him which, Dame Clara Butt states, Mr. Medicine Co., Borckville. Ont. ing the carpet to the base boards of a right quickly. room dwarfs its apparent size.



Loves Waist She

you don't like its color. Nor because animals. it's dull or faded. In less than an hour, you can make it a brand new, fashion-

and have the nicest home .urnishings, not make use of his feet to walk, without spending a lot of money. It's but to stretch a membrane, which easy to dye anything-right over other enables him to go up into an element colors—but whether dyeing or tinting, where no other quadruped is seen. be sure to use real dye. Always ask! The armadillo has only here and

gestions and complete easy directions. very much like those of fishes. See actual piece-goods color samples. DYES, Dept. N5, Windsor, Ont.



Make it NEW for 15 cts!

Beryl was getting into bed when Variation-16

ther came to wish her good-night. Racial Origin—Irlah. "And did you ask God to fogive you?" she asked, having in mind the little temper which Beryl had shown during the evening.

"Oh, yes, mamma," came the reply, and God said it was all right. He had many little girls worse than I."

Relatively Unchanged.

Wife-"There has been quite diminishing of women's clothes." Husband-"Maybe so, but there doesn't seem to be any more hooks for me in the closet."

"You cannot get eggs without hens," asserted the speaker, stressing his

"My dad can! He keeps ducks," yelled a boyish voice from the rear.

The Good Gentleman.

This is a world of sorrew. Likewise a world of sin, But just about to-morrow I'll certainly begin To renovate this mundane sphere

So folks like me can stand it here.

I think there should be hung in gate a sign, etched in letters high and you make a customer?"

can a dog bark when he is biting?

a potato with dark rings under its destroyed.

the hair on his dome.

reland, Norway and France.

The tale is only three and a half

medicine to give the little ones. When ing could stop them. It would be daughter, Mae, who was badly rundown, and seemed almost bloodless. toxin to care it (both supplied free to

CANCED FREE BOOK

The tale is only three and a half when he cries a great deal and cannot medal." get the sleep so necessary to the

Medicine Co., Brockville, Ont.

Five Queer Animals.

The ant-wear has not a tooth in his whole melody. head, still he roves fearlessly on, in the same forests with the jaguar and Don't let indigestion after meals, biliousness, Home dyeing lets you dress better, boa-constrictor. The vampire does heartburn, or drspepsia take the pep out of you.

FREE at your drugstore, now: the but in lieu of them has received a

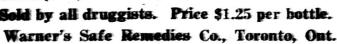
ible, and in no point of view whatof the bearer. The egg of the torthat of the turtle is quite soft.

REFUSED LIFE INSURANCE BECAUSE OF KIDNEY TROUBLE

The experience of this gentleman of Albany, N.Y., may be of great value to you, if you have been refused life insurance, as he was. "Overwork undermined my constitution. I paid

little attention to the matter until I failed to secure a life insurance policy. I consulted the doctor who had examined me and then I learned of my disease. "Friends brought to my attention Warner's Safe Kidney and Liver Remedy. A slight improvement was noted immediately on taking the first bottle. Improvement continued. My life insurance was granted me and I feel

Lowe my ficalth to Warner's Safe Kidney and Liver Remedy." (Name on request). Sold by all druggists. Price \$1.25 per bottle.





and small." The MacGuthrie or "MacGothfrith" chieftain named "Ostagan," who lived, clan was founded by a chieftain of this as nearly as can be estimated, in the name who was killed in the year 1161. middle of the fourteenth century. This clan was a division of the This clan was an offshoot of the Mac-O'Reillys, which clan in its turn was a Gillapatricks, who came later to be branch of the O'Rourkes originally, known as the Fitzpatricks of Ossary, though later it achieved great promin- and this clan in turn came more anence as an independent entity.

A Tragic Fire.

The most distressing animal tragedy that has occurred in Toronto in a long time was the destruction of more than twenty of the trained horses of the Royal Canadian Draevery office where salesmen congregoons, when fire broke out in the regimental stables at Stanley Barracks wide, reading: "You made a sale—did on the night of February 7th. The fire was discovered shortly before II o'clock, and the men in Barracks people feel weak, depressed and easily spite of the fact that the number of Some men think it smart to be able rushed to the stables and plunged timed. There is no particular disease, cases suffering from the disease was to write such a poor hand that nobody into the blazing, smoke-clouded build- but the system lacks tone. You find practically the same for both years. ing and rescued as many horses as yourself tired, low-spirited, often uncould be reached. Thirty-four ter- able to get sound sleep at night. All lives? The answer lies in the fact The prepared for good time never ror-stricken animals rushed in panic this is the result of closer in-door con- that a specific cure anti-toxin—was every direction. They were all shows that the blood has become thin the disease in Ontario have, during the A barking dog never bites, for how brought in by morning. Eight were and watery. New, rich, red blood is last few years, been given this treattrapped in the burning stables and what you need to put you right and ment early in the disease. Our pardled in the flames, among them there is no other tonic medicine can ents have learned the wisdom of call You never realize how many kinds "Billy," the Shetland pony mascot, give you this new, rich blood as sure ing the doctor at once if a child shows of giggles there are until you ride on the pet of the regiment. Others were ly and as speedily as Dr. Williams' symptoms of diphtheria. The discovery a Pullman with a flock of college girls. blinded and so badly burned that Pink Pills. This new blood goes to of anti-toxin is one of the greatest adthey were destroyed at once, and a every part of the body and quickly vances in medical science the world A case showing extreme dissipation few developed pneumonia and were improves the general health. The di- has ever known.

ed them like tinder.

One of the greatest puzzles to the jans. They punged into the smoke sult that I have had splendid health diphtheria, demaged hearts particularcareful parent is to know just what and fire to save the horses, and noth- since. The pills also restored my ly, and even from death itself. medicine to give the little ones. When ing could stop them. It would be daughter, Mae, who was badly run-

These Composers Didn't Waste Much Time.

"Abide With Me," the music of Samuel Liddle wrote for her in two It is to meet such emergencies that days, is not the only famous song Baby's Own Tablets were designed, composed in double-quick time. Bou-These pleasant little Tablets quickly cicault took the words of "Killar- Long experience has demonstrated the reduce fever, break up colds, relieve ney" one morning to Balfe, who fact that sheep-raising is both possible constipation and indigestion and allay merely glanced through them, then and practical in Canada. It is a profitteething pains. They quiet the nerves sat down at the piano and excitedly able industry undertaken for the purand promote restful health-restoring played the melody which all the world pose of producing wool. . . . For sleep. They are guaranteed absolute- was soon singing. Tito Mattei had some years an intensive campaign hae ly harmless and safe for even the a similar inspiration in regard to been waged in Canada to lift the tariff youngest and most delicate baby. "Dear Heart," striking out the air on on imported woollens in order to pro-Baby's Own Tablets are sold by the piano immediately after reading teet the Canadian textile industry who has learned to learn even from medicine dealers or by mail at 25 the words, while the music of "The against foreign competition and to encents a box from The Dr. Williams' Holy City" came in a flood of inspir- able it to go ahead more rapidly. . . Adams) on the receipt of Mr. Wea-The sloth has four feet, but never the Aquarium one evening, when the can use them to support his body on idea of "In Old Madrid" came to him. the earth; they want soles, which are Not having paper handy, he rushed raised a cry of alarm and is asking Never discard a garment because a marked feature in the feet of other into a shop, seized a paper bag, and the State to save it from ruin is not land, and affords a commanding view in two minutes scribbled down the

Take Seigel's Syrup. Any drug store.

Buried Chamber Once Home of Fairy Folk.

for Diamond dyes; they give full rich there a straggling hair, and has County Meath fremul, is what Dr. R. tain of gladness making everything neither fur, nor wool, nor bristles. A. Macalister calls "the most im- in its vicinity to freshen into smiles. Diamond Dye Cyclopedia; full of sug- movable shell, on which are scales Europe." From the outside it appressive relic of antiquity in Western pears as a hill overgrown with trees Or write for big illustrated book Color any appearance of hair, and is ally surrounded by a circle of thirtyobliged to accommodate itself to a five stones, only twelve of which now shell which is quite hard and inflexever obedient to the will or pleasure twenty-one feet across, reached by a toise has a very hard shell, while length, all the walls being construct-

ed with slabs of stone. In ancient Irish history these hill chambers were known either as the burial places of the kings or the dwelling places of the Sidhe (pronounced Shee) or the Irish fairy

Heat From the Stars.

There is an impression that no heat reaches the earth from the stars. This is a mistake, for scientific men have been able to collect heat from the stars in the glasses of telescopes. The lenses act as a "b rning glass," and bring the rays to a little instrument cailed a "Thermom: kiplier," or heatmagnifier. The exact amount of heat thus obtained is measured.

it had its origin in a clan name. now or formerly the prefixed "Mac")is traceable to an old Irish given name But, unlike other family names, a remnot unlike the Teutonic Godfrey. It must of this word "Clann" has been is "Gothfrith." a truly lrish name, left in the process of changing the though you might think it old German counts for its being Costigan instead or Danish. Its meaning, however, was of some such form as "O'Hostigan" or quite different, being compounded of "Ostion"

the ancient Irish words for "straight"

THIS SPRING TIME

cleatly from the Falyl O'Connors.

The true Gaette designation of this

"The Clann Ostagain took its name

from the given name of its founder, a

Improve Your Health. to the streets, and tore madly in finement of the winter months, and discovered in 1890 and the victims of gestion is toned up, and you have Following the discovery of a cure, The training of the horses repre- better appetite, the nerves are has come within the last few years the sented years of work, and added to strengthened and sleep is refreshing. perfection of a preventive. Inoculation A wife worries as much about the their value, and it is distressing to The special value of Dr. Williams' of a child by Toxoid (two doses of 8 supplied to the new reptile house in wrinkles coming on her face as her reflect that, had they been confined Pink Pills at this season is shown by drops each into the skin of the arm) the London Zoo, so that the snakes, husband does about the vanishing of in fire-proof stables where the flames the statement of Mrs. Elizabeth given four weeks apart, means that the alligators and other inhabitants will could have been quickly controlled, Clarke, R.R. No. 1, Hastings, Ont., child will not contract diphtheria. live in an exact imitation of their the results would not have been so who says:—"I know Dr. Williams' Thousands of children throughout On- native climate. tragic. The stables were old and Pink Pills are a great blood builder tario have been given this protection built of wood, and the flames devour- because I use them in the spring, within the last three years; thousands when one naturally feels run-down of parents have been relieved from TO CAREFUL PARENTS A tribute was paid to the heroism after our long winter. Last spring, worry and analogy as a constant of the troopers by Major Baty, who I was feeling weak and easily tired, and hundreds of children have been saved from the traget aftermath of said that "the boys worked like Tro- and again used the pills with the re- saved from the tragic aftermath of

to people who are run-down." You can get these pills through any matter for official investigation. dealer in medicine, or by mail at 50 cents a box from The Dr. Williams

Produce at Home.

Three Rivers Nouvelliste (Cons.): ation to Michael Maybrick (Stephen (The Canadian Textile Journal is quoted to show that less than half the therley's poem. Trotere, too, used to wool is produced to-day in Canada that tell how he was walking home from was produced 25 years ago.) That in this condition of affairs, the woollen industry has become vocal and has

manufacture them here. How easy it is for one benevolent If you want something done right being to diffuse pleasure around him; and in a hurry, go to the man who's At New Grange, near Drogheda, and how truly is a kind heart a foun- already busy. -Washington Irving.



After long tests we are con vinced Aluminum is the best container for tea.

E A "is good tea"

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Toxoid and the Prevention of Diphtheria.

For centuries diphtheria has taken its toil of lives and left countless thousands handicapped by its after effects. Thirty years ago this dread malady was yearly claiming 90 deaths for every 100,000 people in Ontario. "L have seen too many little children choke to death, or fade out under the think calmly about the medical help lessness of that awful time," says Dr. Royal S. Copeland. In 1925 the death rate meant a loss of 8 deaths per 100,-With the passing of winter many 000 of our population. And this in

miles long by about half a mile broad, is seized, with cold or fever, refuses sion of others. Every man of them she used the pills faithfully for a physicians by the Department of Tells cause of cancer and what to do food or vomits what he has taken, deserves the Royal Humane Society's time and has since enjoyed the best Health), no child in Ontario need con- for pain, bleeding, cdor, etc. Write for of health. Naturally I never hesitate tract diphtheria-much less die from it to-day, mentioning this paper. Adto recommend Dr. Williams' Pink Pills it. A death from diphtheria is undress Indianapolis Cancer Hospital, necessary, preventable, and sufficient Indianapolis, Ind.

He is Wise-

-Who hesitates before he interferes in a family quarrel.

-Who does not spend much time as suring himself he is wise. -Who treasures the trust of his wife above the flattery of others.

Who makes his path remembering -that his sor may walk in it. -Who analyzes his impulses before

he obeys them. the unlearned. -Who can save himself by using

other men's experiences.

For distemper-Minard's Liniment. Beautiful Buxton.

Buxton is the highest town in Engsurprising. It is perfectly fair. We of beautiful Derbyshire. Placed at will go so far as to say that it is in an elevation of 1,000 feet in a deep the best interests of the country. There valley, the approach to which is by can be no profit in our spending the gorge of the River Wye, and surmoney abroad for all our wools, es rounded by the loveliest of English pecially when we can produce and scenery, it charms the eyes of all be-

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LYDE ITCH IN HORSES CAN BE TREATED successfully with Dr. Kennedy's Mange Treatment. Ingredients for five gailons sent on receipt of \$2. M. P. Kennedy, V.S., Lakefield, Ont. IMOTHY, RED CLOVER AND ALERKE

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Considerate Individual-"All right. I'll send you over a dozen eggs." -

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