

SURPLUS

can, let rise until very lightly with sugar and a liberal amount of salt. Add a few seeds of each for variety. Next roll a thin, brush with sugar, a few currants or nut off inch-thick end in a pan, sprinkle with salt.

(The economical fish, mix with rice and a liberal amount of salt, put in a baking-dish, cover with brown in a delicious. Next of fish, add a little diced with home-boiled salted delicious re or shredded whole (big small ones, e-cloth, put in ready for two no more work than a little. abage on hand nation salads; very healthful ten.

keepers make or three pie-improves by two or three ll ready and ash (cooked) squash pie. Also, the passionately-decided.

to show the housewives utilization as a cross-less work kitchen, and their duties, rd. rd around for some d. When or four into this fine them et of foot e. I keep after the weeks tire pen- turned I plenty of can foot-

lamb or ay than to il, tightly, ce the tail hatchet or cool on the strike the corn-knife, string stay to be pre- not mean ed to mar- and cas- ten days

should be to prevent up in pro- ducing bags his is es- sential or taining a rial. Acid to rot out ture at tial. Two likely iller can bins and at danger

ALMOST HELPLESS WITH RHEUMATISM

A Nova Scotia Lady Tells How She Found Relief.

Among the well-known residents of Minas, N.S., is Mrs. William Silver, who tells for the benefit of other sufferers how she found relief from a severe attack of rheumatism. Mrs. Silver says:—"In the early fall of 1926, I contracted a cold which developed into a severe attack of muscular rheumatism. In fact, it almost totally disabled me, and I suffered great agony most of the time. After trying in vain to get something to relieve me, I decided to take Dr. Williams' Pink Pills, which I had heard highly recommended. I may say that the quick relief they afforded really surprised me, and after taking some six boxes of the pills every twinge of the rheumatism had gone, and I am now feeling better than I have been for some years past. The pills not only banished the rheumatism, but helped me in many other ways."

Try Dr. Williams' Pink Pills for anemia, rheumatism, neuralgia, nervousness and stomach trouble. Take them as a tonic if you are not in the best of physical condition and cultivate the resistance that will keep you well and strong. Sold by all druggists or sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Ordering Seed.

To-day Christopher and I made out our seed orders. Delightful task! to be undertaken only when mood and opportunity are precisely right. One must have plenty of time, with no least sense of pressure or hurry; one must have a tranquil, optimistic mind. For the matter of that, the seed catalogues take care of the latter trait—almost too well—to the endangering of the tranquility. For how can one possess oneself in undistracted serenity when two hundred separate kinds of flowers and vegetables are recommended as just what one's garden needs?

This year, in the interests of a less busy summer than last year's or the year-before's, Christopher and I took pains to remind each other of certain disappointments. Arctotis grandis, hopefully sown for several seasons, has never done well with us. Stock and snapdragon ought to be started in the house, and we have not had very good luck with that method. Marigolds tend to break at the neck; calendulas are more satisfactory, though they have not such a nice name. We must not plant too many squashes or string beans; last year we had to throw quantities away. Let us by all means make this a season of reserve and limitation; let us confine ourselves to a few plants we can trust.

There is something comically inevitable about the exuberance of the seed catalogues. It was too much for Christopher and me. In no time at all, we were reading out loud to each other antiphanically. "No garden ought to be without this charming plant." Let's try it! "This noble melon—I'll certainly have to have that." Considerations of drought or deluge, weeds, cut-worms, blight, aphids, all were forgotten. On the whole, we have come out pretty well with our list this year.

It is composed exclusively of such which are to be "sown in the open ground when all danger from frost is over" (as if one could ever fix that date in Ontario) and which have an established reputation for prosperity.

Oatmeal.

Much has been said for and against oatmeal and oatmeal porridge. The old story will bear repetition. Dr. Johnson defined oats as a grain used in England for horses, and in Scotland for men. The retort was: "And where do you find such horses and such men?"

Certain adverse critics, such as Professor Mellanby and others, object to oatmeal because it is "deficient in vitamins." The term vitamins appears to have become a peg upon which certain learned folk are hanging a promiscuous lot of tatters.

We understand the importance of vitamins, but we know that half a glass of milk, a teaspoonful of raw cabbage, two teaspoonfuls of cooked cabbage, a small portion of any other vegetable, or some fruit, raw or cooked, will furnish all the vitamins required for a day's meals.

The simple old dish of oatmeal porridge, or other cereal, and milk, furnishes excellent food; but is heavy—not light, as is sometimes supposed. When taken in quantities beyond nature's powers of assimilation, it causes indigestion with flatulence, due to fermentation.

One of the occasional results is the "porridge rash"; this may be cured or prevented by taking less porridge and eating a little fruit raw or in the form of jam.



Only Natural.

Medium—"Her spirit is very slow in answering the call."

"Sail right, lady, let take yer time. When I married her she was a telephone operator."

These Will Come.

There will come soft rains and the small of the ground, and swallows calling with their shimmering sound;

And frogs in the pools singing at night, and wild plum trees in tremulous white;

Robins will wear their feathery fire Whistling their whims on a low fence wire.

—Sara Teasdale, in Harper's Magazine.

Tony was having his second son christened and, being very anxious to have his name recorded correctly on the birth certificate, remarked to the clergyman:



When a writer has something to write, that's inspiration; when he has to write something, that's drudgery.

Duck hunting isn't always what it's cracked up to be.

Regardless of what style has done to the bottom of skirts, the waist line remains in approximately the same place.

Why Not Handle a Woman Electrically?

If she is willing to come half-way—Meter.

If she will come all the way—Receiver.

If she wants to go still further—Dispatcher.

If she gets too excited—Controller.

If she talks too long—Interrupter.

If her way of thinking is not yours—Converter.

If she picks your pockets—Detector.

If she sings inharmoniously—Tuner.

If she wants chocolates—Feeder.

If she gossips too much—Regulator.

If she is wrong—Rectifier.

If she is a poor cook—Discharger.

Wales' Great Day.

Patriotic Welshmen decorated their mantelpieces with the leek on March 1, for this plant is the emblem of their Saint, whose feast falls on that day.

No one is quite sure why the leek was adopted as the emblem of Wales, but it is believed that before a battle with the English, St. David ordered the Welsh to wear leeks in their hats, so that they might be distinguished from their foes.

Although the patron saint of Wales, St. David's memory was always honored in England. Henry VII. used to give away two pounds to Welshmen on St. David's Day, while until the advent of the Hanoverian line, kings of England always wore the leek on this day.

St. David was the son of a Prince of Cardiganshire, and after receiving his education in Menevia, he founded a convent with very rigorous discipline in the Vale of Rhos. St. David eventually became Primate of Wales, and was buried in the Cathedral at Menevia—now called St. David's.

Minard's Liniment for rheumatism.

To-day is your day and mine; the only one we have; the day in which we play our part. What our part may signify in the great world we may not understand, but we are here to play it, and now is our time.—David Starr Jordan.

The present complexity of civilization could not be maintained except by people of strong moral fibre.—Calvin Coolidge.

Badly digested food, acidity of the stomach, and sluggish liver cause headaches. Seige's Syrup will remove these causes. Any drug store.

"Well, ya see—it's like this. My first boy I tella ya I wanta heem christ'nd 'Tom' and ya putta 'Tommas' on heem paper. Now I want dis boy name 'Jack' and no want heem name 'Jack-see'."

Keep Minard's Liniment in the stable.

Lose no chance of giving pleasure, for that is the ceaseless and anonymous triumph of a truly loving spirit.—Henry Drummond.

By a tranquil mind I mean nothing else than a mind well ordered.—Marcus Aurelius.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, sick, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

Put
Post
Office
R.R. No.
Province.

SHILOH FOR COUGHS

MAKE CARE OF BABIES EASIER

Stomach disturbances and constipation are responsible for much of the peevishness of babies and young children. When the baby is cross or irritable the mother should not resort to so-called soothing mixtures to correct the trouble, for in the majority of cases these mixtures simply drug the child into an unnatural sleep. What is needed is a gentle laxative that will sweeten the stomach and regulate the bowels. Such a remedy is found in Baby's Own Tablets. They are easy to take and guaranteed to be entirely free from opiates and narcotics. Concerning them, Mrs. Jos. Toutsaignant, Ste. Sophie, Que., writes:—"I would like all mothers to know that I feel there is no other medicine to equal Baby's Own Tablets. I always keep a box in the house and their prompt use never fails to restore my little ones to health." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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SHILOH FOR COUGHS

Now packed in Aluminum, the same as years ago.

RED ROSE TEA

"is good tea"

RED ROSE ORANGE PEKOE is extra good.

An Old Cameo.

Within an oval of unshaded blue The figure of a dancing nymph is seen, Moving with measured step and air serene

In some entrancing dance that wood-folk knew In days when skies were of a softer hue, And forests wore a more delicious green

Than now. And nevermore such shape and mien Beneath the skies shall happy mortals view.

Of less unearthly grace the forms appear The moon frost carves from crystal. We may bliss The wind of time that froze this airy sprite

To immobility and kept her here In all her fragile, glancing loveliness Through these uncomely years for our delight.

—Antoinette Scudder.

Buried Cities.

Buried cities which are being uncovered in India prove that there was a mighty empire in that country 2,500 years ago. These cities had been built on top of one another.

Wine still preserved in the cellars of a wine-dealer in London dates back to 1540 and 1631.

BUNIONS

Get a 10-cent box. Put aside—just once—the Salts, Pills, Castor Oil or Purgative Waters which merely force a passage way through the bowels, but do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and stomach.

Keep your "insides" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken, and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Bloating, Severe Colds, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.

ATHLETES!

Minard's will limber up stiff muscles and sore joints. Use it for a rub down.

BUCKLEY'S

Buckley's for Throat Health

A sip night and morning relieves soreness and hoarseness, and prevents more serious developments. A bottle of Buckley's—49 cents for 75 cents—is an economical guarantee of healthy throats for the whole family. Pleasant to take—instant in action—positive in result. All druggists sell it.

W. K. Buckley, Limited, 233 1/2 Mutual St., Toronto 2

MINARD'S

"KING OF PAIN"

LINIMENT

FOR COLDS

ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Neuralgia
Pain Neuritis
Headache Lumbago
Toothache Rheumatism

DOES NOT AFFECT THE HEART

WARNING!

Beware of Counterfeits

There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt—it is not "ASPIRIN" at all! Don't take chances!

Safe

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

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

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