

Use
ge Cheese
r Sour Milk

weather sour milk is
ottage cheese is most
ice. In itself it is an
but some people like
pot of chopped onion
for flavoring, and
raway seed, sugar or
any, no other ways of
are known, and yet
ation of many a de-

Cheese Mold

minutes 2 tablespoom-
in 1/2 of a cupful of
a dissolve it over hot
add 2 cupfuls of cot-
of a cupful each of
and chopped stuffed
nubule of salt and 1/8
of pepper. Pour into
old and set into the
stiff firm. Serve un-
d of lettuce and gar-
y lettuce hearts and
o. Pour French dress-

Cheese Salad

lettuce on individual
ange slices of canned
have been salt almost
they may easily be
the fork. Rub fresh
through a sieve or a
it falls in delicate
it, then press a little
of egg through in the
the hole in the pine-
spoonful of currant
over all a French
ch lemon juice has
ad of vinegar. The
ombination blend de-

Cheese Salad

1 pound of cottage
despoonsful of thick
nubul of salt, 2 table-
d of stuffed olives and
of chopped nutmeats
d in cold water, then
paper on the bottom,
nds a few inches out
the mold. Pack the
in 3 layers, putting
between them. Set
to chill. At serving
old upside down over
the paper and gar-
water-thin slices of
Garnish with lettuce
e of the mound and
little whipped cream
e with mayonnaise
more of the dressing
nt into slices at the

utti Cheese

and of cottage cheese
spricot, 1 dozen seed-
d cherries, 1 table-
d citron, 2 table-
d canned pineapple
e the juice, and 1/2 of
ped cream, or thick
fruit together, add 1
of grated lemon peel
the cottage cheese
Mold in a shallow
to chill. Serve in
lettuce with mayon-
each portion. But
ell with this.

ese Sausages

cupful each of cob
dry bread crumbs, 1/4
of powdered sage, 1/4
ppd peanuts and 1/4
each of salt and pep-
blespoonful of chop-
d of a cupful of pep-
ork this into the dry
into sausages, dip in
g diluted with water
y. At serving time,
brown and garnish
emon slices. Serve

ese Slices

cheese to taste with
pepper and chopped
d nut-meats, salt as
to bind the mixture
se this as a stuffing
and set the molds on
e cut in slices about
pour over each por-
treasing diluted with

Sandwich Filling

cupful of shredded
from the juice, ad-
amount of cottage
to taste and lemon
ther makes an ex-

small onion, 10 ptt-

green pepper and
Mix with 1 cup-
e, add salt to taste
onnaise dressing to
will spread well.
of buttered bread
and the other with
ed with mayonnaise
t together with a
oon.

cupful of cottage

ful of minced par-
confus of chopped
ait to taste and en-
hold the filling to
ctually good spread
effect of brown
butter must be used
or they will cook

LIFE WAS A BURDEN

Restored to Health Through the
Use of Dr. Williams' Pink
Pills.

"It is a pleasure," says Mrs. Ross
Boulter, of Victoria, P.E.I., "to tell
you of the new health and strength I
got through the use of Dr. Williams'
Pink Pills. Before taking the pills
life was a burden to me. I was so
badly run down that I did not know
what to do. My blood seemed to have
turned to water, I was very pale, con-
stantly tired, and was losing flesh. It
was a trial to attempt housework.
Added to this I had a bad cough and
my husband and friends thought I
was going into consumption. The
medical treatment I was taking did
not appear to do me any good, and I
had almost given up hope when a
friend urged me to try Dr. Williams'
Pink Pills. I got six boxes and found
so much benefit from them that I got
six more boxes. Before these were
all taken I was a new woman restored
again to good health. I gained in
weight, the cough left me, my appe-
tite returned and I once more had a
good color. Better still, I was able
to do my housework without fatigue.
Needless to say I always recommend
Dr. Williams' Pink Pills to ailing
friends, and I hope this will be the
means of pointing the road to good
health to some other sufferer."

Try Dr. Williams' Pink Pills for
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will keep you well and strong.
If you will send us your name and
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ful health hints.
You can get these pills through any
medicine dealer or by mail at 50 cents
a box from The Dr. Williams' Medi-
cine Co., Brockville, Ont.

Expedition Seeks
Forgotten Jews

Colony in Abyssinia Reported
Dwelling in Isolation

One of the most interesting ethnol-
ogical expeditions that have been
planned for many a day is that which
is going "off the map" in the wilds of
Abyssinia, to investigate the Fala-
shas or Black Jews, large numbers of
whom are reported to be dwelling in
an isolated little world of their own
behind the ranges, writes a traveller
in the London Daily Mail.

Americans are supplying the main
part of the capital and undertaking
the leadership, but some Palestinian
Zionists are co-operating and British
Jewry has been invited to send learn-
ed representatives to join the party.

Queer things have happened to
more than one straggling colony of
The Chosen People when it got cut off
from its base.

Do you know, for instance, about
the 300 Chinese Jews, herded togeth-
er at the city of Kai-feng-fu, in Hon-
an province, sadly contemplating the
ruins of their synagogue, and carry-
ing on, by word of mouth, the teach-
ings of their last rabbi, who died 80
years ago? They are very poor and
dejected. None of their wealthy fel-
low communities elsewhere in the
world lends them a hand, nor does any
museum or archaeological institution
take steps to preserve what remains,
and records are still to be found there.
The British Museum, at all events,
knows about them, for it has a num-
ber of Hebrew manuscripts from Kai-
feng-fu, and there are some, I believe,
in the Bodleian Library.

How the Black Jews happened to
get cut off in a remote part of Aby-
ssinia has still to be ascertained. The
origin of the Chinese Jews is known;
they themselves have commemorated
it. They were camp followers of a
Persian king who was driven out of
his country and energetically pur-
sued by the armies of the Caliph Oth-
man, 1,300 years ago. They lost their
way and failed to keep in touch with
what was left of the Persian army
when it ventured to go home. There
is to-day a stone in the ruined syna-
gogue that records the construction
of the first place of worship in 1163,
and its rebuilding about 355 years
ago.

It would be a matter for keen re-
gret if this extraordinarily interest-
ing, and diminishing, group of mar-
ooned representatives of an ancient
civilization were allowed, through
sheer ignorance and apathy, to dis-
appear without any steps being taken
to make a thorough investigation of
their relics and recollections.

It is only by labor that thought can
be made healthy, and only by thought
that labor can be made happy; and
the two cannot be separated with im-
punity.—John Ruskin.

FLIT

Destroys
Flies-Moths
Ants-Roaches
Bed Bugs

SMILES

Peppery.
Pepper—"Whatcha' so hot about?"
Pepper—"I'm always hot. I'm a
red hot pepper!"

Cautious.
She—"Roger, you've been so kind
to me that I feel indebted to you. You
can take me to dinner to-night."

Both in Error.
"If I'm not mistaken, which I think
I am, your name is Murphy."

"You're mistaken, in that you're not
mistaken; my name is Murphy."
Ladies' Home Journal.

"Women," declares a dress expert,
"do not worry about their clothes like
they used to." But then there's not
so much to worry about.

"So you were in the army, Ike?"
"Oh, I was in the army." "Did you get
a commission?" "No; only my
vases!"

There is said to be keen competi-
tion for the position of ship's barber.
Evidently a life on the permanent
wave has its attractions.

Mrs. Blunt—"Man's a tyrant, isn't
he, John?" Blunt—"Really, my dear,
I hardly—" "Is he, or is he not?"
"He is."

A prosperous market gardener has
now started a laundry. He ought to
make a good living out of the soil.

Angry Customer in Restaurant:
"Hey, I've found a tack in this dough-
nut!" Waiter—"Why, the ambitious
little thing! It must think it's a tire!"



No Practice Needed.

Mother (severely)—"Do you prac-
tice flirting with men on the street?"
Daughter—"Why, of course not,
mother. Do you think a girl of my
experience needs practice in such
light amusement?"

The Modernized Motorcycle

The "modernized motorcycle" is the
description given the 1923 Harley-
Davidson, by Walter Andrews, Toron-
to, Ont., agent for that line of motor-
cycles. In pointing out the many
new features on the 1923 models, Mr.
Andrews is particularly enthusiastic
about the fore-wheel brake, which is
of the internal expanding type. This
additional breaking surface when
used in conjunction with the present
rear-wheel brake, affords the ultimate
in safety for all road and traffic con-
ditions. Another improvement of
importance is the all-speed over-
drive which is controlled from the throttle.
As the speed is increased through
opening the throttle, the oil pump is
caused to feed more oil to the motor.
The 1923 models are on display at
Walter Andrews, Ltd., 346 Yonge St.,
Toronto, and should be seen when
visiting the Exhibition.

Turkey Enters Liquor Trade,
Selling a Special Intoxicant

Constantinople—Turkey is about to
market a special alcoholic beverage
called "People's Raki." Although the
Turkish Constitution declares Islam
the State religion and alcohol is for-
bidden Moslems, the Turkish Govern-
ment now is in the liquor business.
The Government originally agreed
to grant an alcohol monopoly to
Polish financiers, but confiscated the
monopoly two months ago because the
Poles failed to meet financial obliga-
tions. Moreover, the public com-
plained that the liquor was adulterated
and caused blindness.

During the Polish monopoly secret
stillis became common as a result of
the people's effort to obtain pure stuff.
Raki, a popular intoxicant in Turkey,
is drunk like whiskey.

No state surrier than that of the
man who keeps up a continual round
and pries into "the secrets of the
nether world," as saith the poet, and
is curious in conjecture of what is in
his neighbor's heart. — Marcus
Aurelius.

Canadian National Running Trophy



As a means of fostering interest in
middle distance running in Canada,
the Canadian National Railways Re-
creation League has presented to the
Amateur Athletic Union of Canada
the above handsome bronze statuette
and medals. The trophy is a hand-
some bronze statuette, on a base of
native Canadian wood. It is a per-
petual award and will be held for one
year by the winner of the one-mile
race at the Dominion Championship
meet at Toronto, Saturday, August
2nd. The runners who are first,
second and third will receive gold, sil-
ver and bronze medals respectively.
The presentation of the trophy and
medals was made to the A.A.U. of C.
on behalf of Canadian National of-
ficers and employees who are mem-
bers of the Canadian National Recrea-
tion League, of which Sir Henry W.
Thornton is Patron and A. J. Hillis,
President. The League is representa-
tive of Canadian National sports ac-
tivities from Coast to Coast in Can-
ada.

Guard the Child
Fear Makes Liars of Us All
Says Lane

That most of the lies of childhood
are based on fear of the parent is a
statement made by Winthrop D. Lane
in the September issue of "The De-
lineator Magazine" that will startle
many grown-ups who have been in the
habit of laying their young son's
"tales" to pure cussedness.
Pointing out that parents often
frighten—even if inadvertently—their
children into lying, Mr. Lane con-
tinues: "Fear of parents is one of the
most distressing fears of childhood.
Why should the child be afraid of his
parents? The parents' anger, the par-
ent's punishment—perhaps just the
parents' mild disapproval—hangs over
him like a cloud. When a parent dis-
covers that his child is afraid of him,
he ought to do almost anything to re-
move the fear and establish a better
relationship."

According to Mr. Lane, children will
also lie from fear of being teased,
from fear of ridicule, from fear of be-
ing thought incompetent and a booby
—almost any fear will produce a lie.
Occasionally children lie in order to
escape comparison with others. They
even lie from fear of giving offense,
a sort of "lie of convenience" of child-
hood. Again, a lie can be a form of
wish fulfillment. We say things are
true which we would like to have true,
or would make true if we could.
Adults often tell lies of this character,
and children frequently do.

"Why do we object to children's ly-
ing?" asks Mr. Lane. "The reason
ought to be, I think, that lying makes
life with other people entirely unde-
pendable. This reason, I am aware,
is not the one usually given to child-
ren. We tell children all sorts of
things. We say: 'Lying is bad.' We
say: 'You will be happier when you
tell the truth.' Perhaps we mention
the ninth commandment—and then
try to tell the child what it means.
"I am not sure just how much all
of this rings true with children. To
be happy simply because you have
told the truth, and then had all sorts
of trouble as a result of telling it, is a
strange sort of happiness to him.
He would rather lie and get out of the
difficulty. The method of those par-
ents who tell their children that lying
is not liked, that lying makes them
unpopular, is to be preferred. This,
at least, is based on true emotional
response; people do not like a liar so
well."

Preserve High

The name of Canada to-day stands
high throughout the world, and it is
with a feeling of pride that a Cana-
dian asserts his citizenship. Every-
where our country enjoys great pre-
stige, and a brilliant future is predicted
for her among the great nations,"
stated Hon. Ernest Lapointe, Minister
of Justice and Canada's representa-
tive at the opening of the new Aus-
tralian capital, Canberra, and the ses-
sions of the League of Nations at
Geneva, upon returning to this coun-
try recently.

Minard's Liniment eases sore feet.

Grown in the best gardens in
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world's greatest tea market.

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Packed in the best packet yet
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Women Settlers

London Times (Ind.).—(Women are
occasionally deterred from settlement
in the Dominions by the fact that they
are invited by Dominion notices to
undertake work as domestic servants
or household workers). There is a
natural commonsense feeling against
crossing the world to scrub floors.
... (But) the truth is that that
homely phrase "household workers"
denotes what is the beginning and not
the end of the career overseas. Be-
hind its drab suggestion lies a new
world offering almost boundless scope.
It is, so to say, the way for the assist-
ed settler to matriculate into the life
of the Dominions. It is the field in
which she gives her proofs that she
can make a sound contribution to the
common life of her new country. We
can understand what seems at times
the over-exacting attitude of Domini-
on officials when we remember that
they are taking to their country the
future mothers of their people.

Minard's Liniment relieves backache.

Teach Children Kindness

This teaching kindness to animals
may seem a simple thing; but the
more one looks into its merits the
more penetrating this spiritualizing
influence proves to be, causing a
change of conduct, inspiring justice
and compassion in the place of selfish-
ness and cruelty; training the mind to
apprehend, and the heart to sympath-
ize with the needs of the lowly crea-
tures who form the theoretical object
lesson of such surpassing interest to
the young; obviously the "protecting
sympathy" which a child may be
taught to feel towards its helpless
dumb companion, may in after years
inspire the life of the philanthropist.

"How much teaching is needed is
demonstrated by the incredibly cruel
deeds perpetrated by children even
of tender years, which call forth
neither remonstrance nor reproof from
parent or guardian."—Miss G. Ken-
dall.

"Peace in China must come soon."
—Chang Tso-lin.

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Get Him First

One tragicomic incident marked the
tenseness of the week which saw armed
policemen at every turn in New
York on the look-out for bomb-throw-
ers. Two of them saw a man running
with a revolver in his hand. At once
they suspected a dangerous "reck."
They ran him down, leaped upon him,
knocked him out, and beat him up in
most approved police style, fracturing
his skull with neatness and dispatch,
before the man could give any ac-
count of himself, or explain what he
was about. Then, having rendered
him senseless, they proceeded to
search him and found—not anarchist
literature but a police shield pinned to
his vest! He was a plain-clothes
policeman who was himself chasing a
man who, he thought, was acting sus-
piciously. The case is highly illustrat-
ing of American police methods.
Beat your man up first and examine
him afterward. Well, this time the
police got a taste of it themselves
and not as usual some citizen in full
exercise of his rights of peaceful
picketing, or striking, or of peaceable
assembly.

Preserving Small Crab Apples

Use the very small crab apples that
have long, slender stems. Make a
syrup of a pound of sugar to a pound
of fruit. Add to the sugar a half
teaspoonful of water. When this boils
put in the fruit and let it simmer till
the apples are cooked through and
have a shiny pink appearance—till
they look clear—then boil hard for a
minute or two. Take the fruit out
and place it in glasses; pour the syrup
over it. Cover with a net and stand
the glasses in the sun for a couple of
days before putting them away. It
should not be necessary to put crab
apples up airtight that are preserved
in this manner. It is best to pre-
pare only a small quantity of fruit at
a time when this recipe is used. Be
careful not to let the syrup boil too
long, as it might candy.

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that Aspirin is a Bayer manufacture, to assist the public against imitations, the Trade
of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."