

THE LATEST ECONOMICAL RECIPES CONTAINED IN THE PURITY FLOUR COOK BOOK

have been reviewed and approved by the DOMESTIC SCIENCE DEPARTMENT of the famous McDONALD INSTITUTE

Mailed post paid for 20 cents Western Canada Flour Mills Co. Limited TORONTO.

by a committee are as follows:— Grade 10—Glenn Adney, Fisher Memorial—Wren House—prize, Fountain Pen, presented by Mr. E. W. Mair. Grade 9—Creighton Balmain, Fisher Memorial—Robin House—Prize, book, presented by Mr. A. E. Jones. Grade 8—Edward Clark—Fisher Memorial—Robin House—Prize, book, presented by Mr. C. O. McDonald. Grade 7—Eldon Brewer, Broadway—Fisher house—prize, Knife, presented by Hon. W. F. Jones. Grade 6—Ray DeLong, Broadway—Chickadee house—prize, box of candy, presented by Mr. J. R. Brown. The boy scouts were in attendance during the afternoon. Mr. Andrew McKay and son, of Florenceville, were in town last week. Mrs. Adney went to Ottawa last week to spend a week with her husband, Lieut. E. T. Adney. Dr. and Mrs. G. B. Menzer, and daughter, have gone to Woonsocket, to visit Mrs. Manzer's sister, Mrs. Munro.

A GOOD DIGESTION

Depends Upon Keeping the Blood Rich, Red and Pure.

To be able to eat what you want and to digest it properly is a priceless blessing. Good digestion is not appreciated until you lose it. Then you cannot afford to experiment, for strong medicines are hard on weak stomachs. If you have indigestion do not be persuaded into believing you can cure yourself by the use of pre-digested foods or so called stomach tonics. There is no tonic for the stomach that it not a tonic for every part of the body. It is through the blood that the stomach gets its power to assimilate and digest food, and as the blood goes to every part of the body and improvement in its condition not only results in strengthening the stomach but every organ in the body. Rich red blood is absolutely necessary to good digestion. If your stomach is weak and you are troubled with sour risings in the throat, a feeling of pressure about the heart, or nausea after eating, try the tonic treatment with Dr. Williams' Pink Pills. So many dyspeptics have been cured by this medicine that every sufferer from stomach trouble should try it. You will soon know the joy of good digestion and enjoy better health on other ways if you give this medicine a fair trial. Mr. Fred J. Kendall, 2341 Ave., Toronto, says: "For upwards of five years I was a great sufferer from indigestion, which gradually undermined my general health, leaving me in a weak and anaemic condition. I spent considerable money with one doctor and another, but failed to receive any lasting benefit, and had become quite discouraged. One day my wife urged me to try Dr. Williams' Pink Pills but I thought it would be the same old story. But she had so much faith in them that she got me a box, and I please her I began taking them. In the time the box was finished, I noticed a slight improvement, and I continued taking them and soon found myself gaining. I could sleep better and my appetite improved, without the distressing symptoms that had previously followed eating. I think I took in all about a dozen boxes, and to-day I am a stronger man than I ever was in my life. When I began the use of the pills I weighed 148 pounds while now I weigh 167. You may use this letter as you choose, hoping it may reach some poor, discouraged sufferer as I was."

You can get Dr. Williams' Pink Pills through any dealer in medicines or by mail at 10 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

EGGS IN WATERGLASS

The best method of preserving eggs for home use, or for sale in a limited way, is to pack them in water-tight vessels and cover them with a solution of water glass. Cover the vessel and keep it in a cool, dark place to prevent evaporation. Only fresh eggs and those with clean, sound shells can be preserved. Those with dirty shells, even when carefully washed, will not keep well. A few dirty eggs in the vessel may spoil the entire lot. Stone crocks holding not over 19 gallons make the best vessels. The eggs should be put in daily as gathered, but one can hold them for several days. Many village and city house-keepers buy a crate or two of eggs in the spring when they are the cheapest and preserve them in water glass. Estimate three dozen eggs to each gallon capacity of the vessel. The liquid water glass, or silicate of soda, which can be purchased at most drug stores for 15 to 20 cents per quart, is used for this purpose, one quart with 10 quarts of pure water. Rain water or boiled water is preferred.

PROFITABLE COWS

Do You Keep Them, or do They Keep You?

The question has often been asked somewhat facetiously perhaps, "Do you keep cows, or do they keep you?" To many dairymen this has started a train of thought resulting in vastly improved prospects. To come right down to business, why do you keep cows? Surely it is in order that they may contribute handsomely towards income. If you are already satisfied on that point, well and good, but one excellent result of cow testing is the solid fact that it helps men to increase their income considerably; that is one main objective point reached. The same story is repeated in all provinces in the Dominion; it runs something like this: from a man at Barnston, "My cows average almost two thousand pounds of milk more than two years ago," or again, from a man of Petersburg, "I have increased fourteen hundred pounds of milk per cow, and hope to go up another fifteen hundred," or this, from a man at Hagersville, "My herd is pretty near double in three years by weeding out," and once more, from St. Boniface, "My seven cows brought in \$14,000 more this year, my records showed me if paid to care for them better."

Laugh, Don't Worry

If you once made up your mind that worry not only destroys your mind but robs you of your good looks, and if you determine to say at least one thing to make each person you meet laugh you will have solved not only the problem of your nervous and dyspeptic ailments, but you will have started to stem the tide of opinion that Canadians are a race who love to worry.

ART OF MAKING FRIENDS

Often you come across people who complain that they have but few friends. The matter is easy enough to explain, for, as some one has well said, "The only way to have a friend is to be one." For friendship cannot possibly be a one-sided matter. Just as it takes two to make a bargain or a quarrel, so does it take the same number to make a friendship. What really does happen is this: Two people meet, and gradually they find points of congeniality, gradually each does little favors for the other, gradually a feeling of affection takes root in each heart. Neither one is thinking of what can be gained from the acquaintance; rather, each is thinking and planning to give instead of take. In other words, both are trying to be a friend unselfishly. And, it is the very thing which makes their friendship.

TO REMOVE THE DUST USE A SCREW DRIVER

Put a Paint Brush in the Ratchet Driver And Try It

Cleaning tufted upholstery work is one of the most difficult jobs imaginable. The dust collects in the hollows and it is almost impossible to get it out by ordinary methods. This is especially true of leather furniture.



The ordinary dust brush must be cast aside and if absolute cleanliness is wanted a ratchet screw driver and paint brush must be used. The handle of the paint brush is cut about 1 1/2 inches being left on the brush. This is cut V-shaped, as shown in Fig. 1. This permits the brush to be attached to the blade of the screw driver with about cord shown in Fig. 2 and the tufted places are cleaned out by simply rotating the brush into them and whirling it with the ratchet as the screw driver would be turned.

Insurance Bill in Australia. The commonwealth ministry of New South Wales is preparing a national insurance bill on the lines of Lloyd George's measure. Provision will be made for benefits for funeral expenses, sickness, accidents and unemployment.

Beer of a Persian. "If a man was to save the price of a pint of beer a day from the time he is 13 years old he would find an odd sum of \$200 a week at 70," said Dr. Fisher, to the local government board, at the National Society, London.

HUNGARIAN TURK DEEDS

The following description given by an Armenian woman of the upper class, is typical of the life suffered by hundreds of other girls. After describing the murder of every man over fifteen in a surprising attack by Turks, and how their corpses, valuables and food were taken, she continues: "Very many women and girls were carried off to the mountains along the Danube, whose one purpose was to throw away. My mother and I were the only girls who were not thrown by the roadside to a mountain top. We found on the way many who had been in the previous marches, some women were among the killed with their husbands and sons. Many persons were obliged to start off on foot—and with that they could carry on their backs. Each person naturally became so weak that they fell behind, and were bayoneted and thrown into the river. At the Euphrates, the brigands and pendarnes threw into the river all the remaining children under fifteen years."

Valuable Fisheries

With respect to the fisheries of Canada, it may be surprising to some to be told that since 1870, the fish for which figures are available, Canadian fishermen have taken from the seas, rivers and inland waters of this country, fish valued at nearly a billion dollars, the exact figure being \$829,910,755.

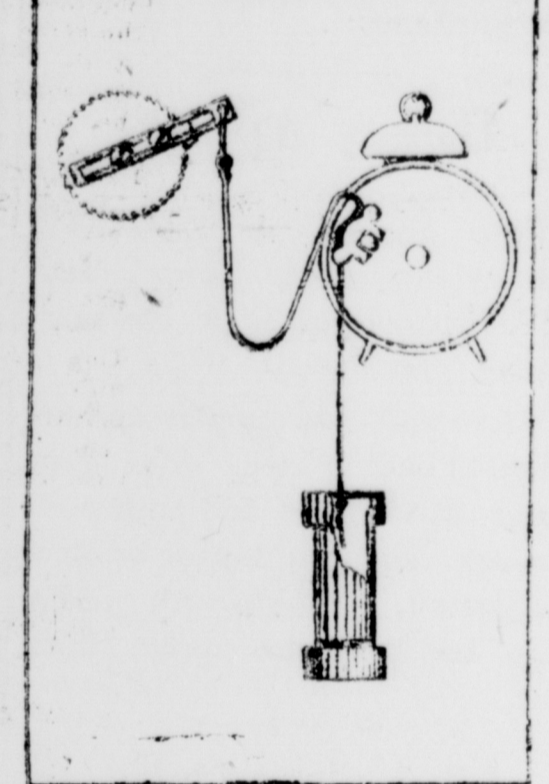
Many Telephones in Toronto

Toronto has 120 telephones in 1900, population as compared with 105 in New York.

CLOCK OPERATES VALVES

Time Mechanism Operates Therms and Operates Switches, Etc.

A time mechanism for the operation of valves, switches and the like has been invented.



CLOCK OPERATES VALVES

A watch wheel is attached to the object to be operated and a lever is pivoted to this wheel. The lever is in two parts, adjustably connected so that the length may be varied as required. A cord attached to the free end of the lever has a weight at its other end. This cord is lightly wound around the key of an alarm clock and suspended by weight on the latter. When the alarm goes off the key revolves and throws off the cord, which allows a weight to drop and exert a downward pull on the lever. This in turn operates the watch wheel which opens the valve or whatever it is to be operated. The weight of the object to be operated is a furnace door.

American Sponge Fisheries

While sponge fishing in the Americas is rather a modern industry, it profits more than two-thirds of its work's supply in weight. The fisheries of the Mediterranean now produce half the world's supply of sponge value. Sponge fishing is believed to be most highly developed at Tarifa Springs, Florida, and Crotchet Bay, Cuba. As early as 1822 the fishermen of Key West, Florida, secured specimens thrown up on the beaches of the presence of sponges. The sponges they were limited to domestic use among the inhabitants, but not till 1849 was a large deal in New York.

Stamp Moistener

Making stamps and envelopes is a dangerous practice. There are hundreds of disease germs lurking in the muck that is used on these things. The use of a sponge is not always convenient and it is a rather sloppy way to dampen the glue. A better way is to make a regular moistener. It's an easy thing to make any screw top jar, like a fruit jar, will do. Cut a strip of felt that is as wide as the jar is deep. Roll it so that the felt will exactly fit into the mouth of the jar. The next step is then perforated with a number of holes and the jar filled with water. The felt conducts the moisture to the top and it is only necessary to pass the stamp or envelope flap over the perforations to get sufficient moisture on them to make them stick and yet not so much that they will be sloppy.

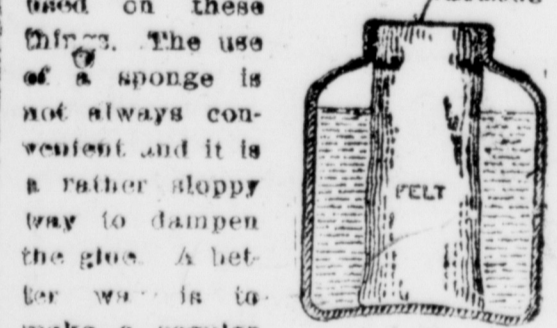
FLAG HOLDER FOR AUTO

Stamps on Car and Has Row of Hooks on Upper Portion.

For members of motor clubs who like to run on any other automobile who only like to carry flags in their cars, a Montreal man has devised a "Flag Holder." The support proper consists of an arched base of metal with a row of screws spaced along its top edge. This base is adjustably mounted in a demountable hat that has a thumbscrew in the middle that comes under it and can be clamped on any part of the car that

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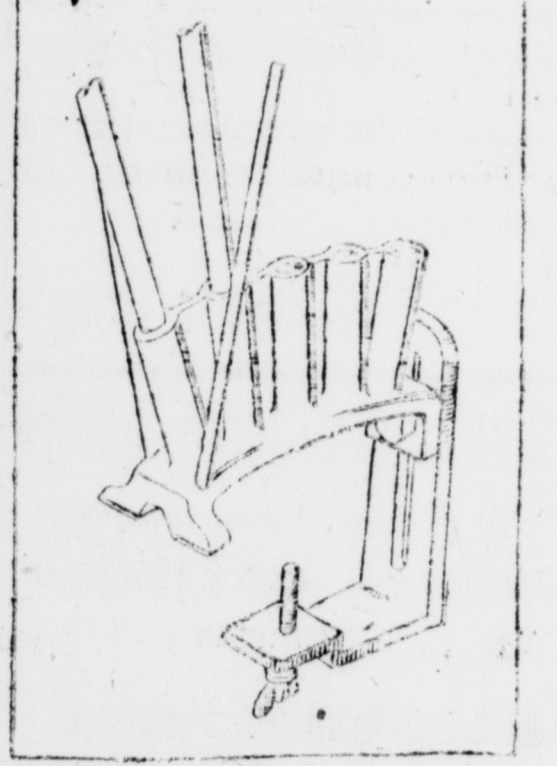


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