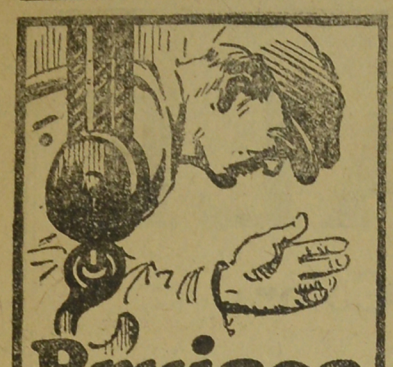
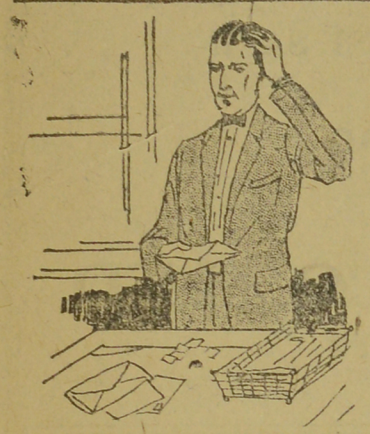


Bruises

Use Minard's—the ever-reliable remedy. It draws out the inflammation, eases pain, brings speedy recovery. 56

MINARD'S "KING OF PAIN" LINIMENT

BLUNDERS



WHY IS THIS WRONG?

It is unwise to guess the weight of a letter to determine the amount of postage required. Such guessing often results in "Postage Due," which may cause delay in delivery, and, in the case of business letters, often results in a dissatisfied customer.

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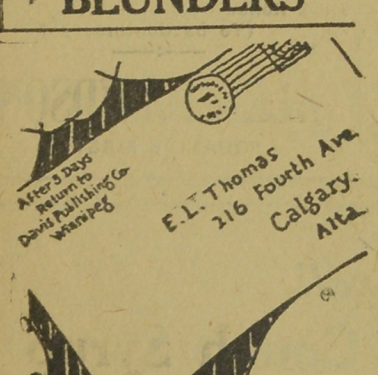
TRAP NESTS

If you are in the Poultry business go at it systematically.
Keep tabs on your hens by trap nesting them.
It's the only way to pick out the boarders.
I make a complete set of four nests for only $4.00.
Satisfaction guaranteed.
Send me a trial order.

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Is on Sale at the following places of business in the city:
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W. GRIEVES, Cor. Regent and Kin Streets.
RAY BARKER, Cor. Carleton and King Streets.
WESLEY ERB, 266 York Street.

BLUNDERS



WHY IS THIS WRONG?

Thousands of letters are delayed in delivery from two to ten hours in big cities because business men do not place their return street address on letterheads and envelopes. Even though a company may be an important one, all postal employees do not have its address committed to memory. Consequently its mail will surely be delayed if persons who must reply to its letters are given no street address.



Of Interest to the Women

HOUSEHOLD NOTES.

A very good salad can be made from canned tomato soup. To one can of the soup add half a tablespoon of gelatin, soaked in two tablespoons of cold water and softened over hot water. Add a little minced onion, pimento, vinegar and a drop of tabasco. Pour into a wet mold and leave to chill. Then turn out and serve with lettuce and mayonnaise.

Did you ever try using corn flakes as a basis for cocoanut cakes? Beat the white of one egg, add 1 cup of sugar gradually, beating continuously. Add 1 cup of cocoanut, then 2 cups of corn flakes. Drop on greased tins and bake in a moderate oven until a light brown.

Delicious fritters can be made from sweet potatoes. Mix thoroughly 1 cup of mashed sweet potatoes 1-3 cup crushed fresh or canned apricots 1 cup of bread crumbs 2 table spoons of melted butter and a little salt. Shape the mixture into balls dip in beaten egg, roll in bread crumbs and fry in deep hot fat.

DATE BISCUIT.

2 cupsfuls flour
3 teaspoons baking powder
3-4 teaspoonfuls salt
4 tablespoons sugar
5 tablespoons fat
1-2 to 1 cupful milk
1 cup cut dates

Mix and sift the dry ingredients and rub in the fat with the fingers or cut it in with a knife. Make a hole in the floor at the side of the bowl and add half a cupful of liquid. Stir in enough flour to make a ball of soft dough. Remove this from the bowl and add to the remaining flour enough liquid to make a soft dough. Roll until one inch thick. Cut into small rounds brush with milk and bake ten to twelve minutes in a hot oven.

SPICED COOKIES.

1-2 cupful fat
1 cupful white or brown sugar
2 eggs
1-2 cupful sour milk
1 3-4 cupful flour
1-4 teaspoonful salt
1-2 teaspoonful cinnamon
1-4 teaspoonful nutmeg
1-2 teaspoonful soda
1 cupful raisins
1 cupful oatmeal or nuts
1-2 teaspoonful cloves

Cream the fat, add the sugar gradually and the eggs well beaten. Mix and sift the dry ingredients and mix these with the chopped raisins and nuts or oatmeal and add to the first ingredients alternately with the milk. Drop by spoonfuls onto a greased baking sheet and bake in a moderate oven ten to fifteen minutes.

Savoy Sea Ham Sandwiches.

1 part deviled ham
1 part American cheese
1 part tomato puree
White bread
Butter

Run cheese and ham through the meat grinder and add the tomato puree. Butter the loaf before cutting each slice and put the mixture between two slices. This is a delicious sandwich for every purpose. Wrap school lunch or picnic sandwiches in oiled paper. If this filling is used for tea sandwiches spread lightly trim off the crusts and cut into rounds or other fancy shapes.

Deviled Ham and Salted Nut Sandwiches.

1 part anchovy paste
2 parts butter
1 part salted nuts
Boston brown bread

Cream the butter and ham together and spread on the loaf before slicing one fourth inch thick. Crop the nuts very fine sprinkle on each slice garish with a perfect half and serve as an open sandwich.

STUFFED PRUNES.

Wash and cook the prunes in warm water 10 minutes remove the stone by making an incision length wise. Fill the cavity with either a blanched almond or a small piece of marshmallow. Roll in sugar.

Sour Stomach

"Phillips Milk of Magnesia"
Better than Soda

Instead of soda hereafter take a little "Phillips Milk of Magnesia" in water any time for indigestion or sour, acid, gassy stomach, and relief will come instantly.

For fifty years genuine "Phillips Milk of Magnesia" has been prescribed by physicians because it overcomes three times as much acid in the stomach as a saturated solution of bicarbonate of soda, leaving the stomach sweet and free from all gases. It neutralizes acid fermentations in the bowels and gently urges the souring waste from the system without purging. Besides, it is more pleasant to take than soda. Insist upon "Phillips." Any drugstore.

"DIAPEPSIN" FOR INDIGESTION, GAS, UPSET STOMACH

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heartburn, flatulency, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stom- Each package guaranteed by druggist. ach and digestion for a few cents.

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32 Needham and Regent Sts.
34 Queen and Carleton Sts.
35 Brunswick and Carleton Sts.
36 Charlotte and Carleton Sts.
37 George and Regent Sts.
38 King and Regent Sts.
43 St. John and Aberdeen Sts.
44 Queen and St. John Sts.
45 Brunswick and St. John Sts.
46 Charlotte and St. John Sts.
51 King and Church Sts.
52 George and Church Sts.
53 Union and Church Sts.
54 Shore St. and University Ave.
55 Brunswick St. and University Ave.
56 Lansdowne St. and Waterloo Row.
57 Grey St. and University Ave.
112 Smythe and Aberdeen Sts.
113 Argyle and Northumberland Sts.

ISLANDERS.

All islanders are hungry for the sea
And inland they must long for spar and mast
Aching to watch a ship loom suddenly
Across the sky bound for a wharf at last
So they may sit and watch it as it lies
Pensive at anchor waiting to depart
All Islanders are born with hungry eyes
And with adventure and a beating heart.

And since I too was born beneath the blow
Of wind and tide upon an island shore
The world to me is but an open door
Open on water and great vessels go
Across my mind through inland I must be
Shut out from mastheads and the open sea.

—HAROLD VINAL in New York Sun.

The Baby's Cold



Continual "dosing" with internal medicine upsets delicate little stomachs. Treat colds externally with Vicks. You just rub it on.

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Cook's Regulating Compound



A safe, Reliable, regulating medicine for women. Sold in three degrees of strength: No. 1, $1; No. 2, $3; No. 3, $5. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet.
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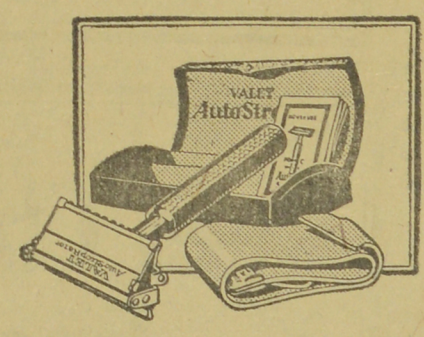
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