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THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN.

THE BEST OF ALL FOODS.

Not long ago it was pointed out by students of the high cost of living that in spite of its increased cost milk was still by far the cheapest of our staple foods, and that even when one paid for the highest grade of milk there was decided advantage.

Often we fail to appreciate milk. Yet there is not a meal in which we do not have milk in some form.

Cakes and breads, if home-made, or if properly made, all contain more or less milk. Vegetables are made richer in nourishment and more appetizing when prepared with milk, and more and more we are coming to value the use of milk in the preparation of gravies, sauces and other meat adjuncts.

In Japan where milk is a rarity, it is so highly valued that it is given as a medicine, and when so taken is measured with the greatest accuracy, just as we would take olive oil or sherry.

Not a Beverage.

Many persons regard milk as unwholesome when taken as a beverage, and so it may be when combined with a heavy meal. Many country folk, who have all the milk they can possibly use, have a habit of drinking milk as other people would take weak tea or water—simply as an adjunct to the meal. What these folk should remember is that milk is a food, and not strictly speaking a beverage at all. It ought never to be drunk with a meal unless the meal is otherwise light. To take it in connection with meats and starchy vegetables in large amounts is extremely unwise, as well as wasteful. For thus it gives the system more nourishment than it needs.

Do Not Add Ice.

Sometimes even when taken with a light repast, or when taken alone, milk causes discomfort. This is often due to the fact that the milk is taken too cold or too hurriedly. Milk ought not to be chilled before being drunk. It should be kept on the ice, of course, but it should not be served at quite so low a temperature as it is when first taken from the ice box. Under no consideration should ice be added to it. And never take milk merely to quench the thirst. For fear of drinking it too rapidly one should make a

rule never to drink milk until the thirst has been fairly well satisfied by water.

But when taken not too cold and not too rapidly and not in conjunction with too hearty a meal milk sometimes disagrees. In this case make a practice of adding a teaspoonful of lime water to every glass, or taking it with an admixture of vichy, which renders the milk lighter and more easily digested.

**With the Fingers!
Says Corns Lift Out
Without Any Pain**

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply directly upon the corn a few drops of freezone, says a Cincinnati authority.

It is claimed that at small cost one can get a quarter of an ounce of freezone at any drug store, which is sufficient to rid one's feet of every corn or callous without pain or soreness or the danger of infection.

This new drug is an ether compound and while sticky, dries the moment it is applied and does not inflame or even irritate the surrounding tissue.

This announcement will interest many women here, for it is said that the present high-heeled footwear is putting corns on practically every woman's feet.

A new comet is reported. But nowadays one can't help wondering if it wasn't an aeroplane that swam into the astronomer's ken.

Paraguay and Uruguay should now rise as one man, take a strafe at the Kaiser and move that it be made unanimous.

Sporting News

FREDDIE WELSH

**HAS SOUND SYSTEM
OF TITLE-HOLDING**

In Kilbane Bout Champion Played
Close to His Chest--Gave Op-
ponent no Chance to Win.

Three years ago this coming summer Freddie Welsh assumed charge of the lightweight throne.

Freddie achieved his sceptre by out-tapping Willie Ritchie, and since that melee no one has been able to catch up with Freddie and evict him from the top. A few nights ago ring followers were treated to an astounding spectacle. They sat and watched the lightweight champion rushed and battered around the ring by the featherweight title holder, who in turn was giving away nine pounds.

Welsh, at 139 pounds, was a mark and a target for Kilbane at 130 pounds. and the lighter, smaller man was forced to do most of the rushing and leading to make any sort of a fight out of it.

This fight showed plainly enough just how and why it is that Welsh is still champion.

He is still champion because he refuses to indulge in the slightest risk—to take the slightest chance.

In that affair with Kilbane Welsh was content to paw forward with his left hand and then rush to a clinch.

Always well covered, he ducked to cover at the first opening, hanging on and holding with no unprotected spot left vacant.

**JACK COOMBS GOOD
ATHLETE IN COLLEGE DAYS**

Jack Coombs was a "four letter" man when he was at Colby College. He earned his C's in baseball, football, track and basket ball. He was a great all-round man in track athletics.

BIG LEAGUE GAMES

National.

At New York—New York 2, Phila. 1.
At Brooklyn—Boston 7, Brooklyn 0.
At Chicago—Chicago 4, Pittsburg 1.

American.

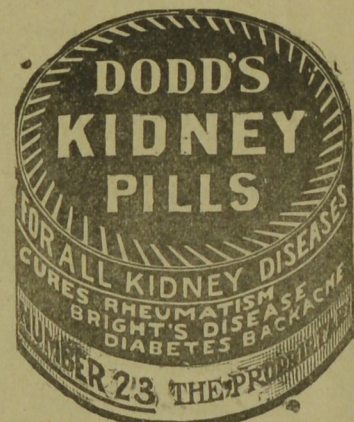
At Philadelphia—New York 9, Philadelphia 4.
At Washington—Boston 1, Washington 0.

At Detroit—Cleveland 4, Detroit 3.

International.

At Toronto—Toronto 2, Baltimore 1.
At Rochester—Roch. 3, Richmond 1.
At Montreal—Providence 12, Montreal 1.

At Buffalo—Newark 4, Buffalo 3.



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ROBERT POWELL

**TENNIS TITLE-HOLDER
KILLED IN FRANCE**

Played in Olympic Games in 1908--
In Davis Cup Matches Four Years
Ago--Great Record.

Victoria, B. C., May 4.—Robert Powell, tennis singles champion of British Columbia for several years, was killed in action in France, April 28, according to word received here today.

Powell was an attorney and was private secretary to the Lieutenant Governor of British Columbia from 1900 to 1904. He founded the North Pacific Lawn Tennis Association in 1904. The next year he won the tennis championship of Scotland.

In 1908 Powell was the champion of the Canadian tennis team, which competed in the Olympic games in England. He represented Canada in the Davis Cup games in Chicago in 1913.

Powell enlisted in the 48th Canadian Battalion at the outbreak of the war, was appointed lieutenant and went to England with that body.

**COFFEY RECEIVED K. O.
FROM LEW WILLIAMS**

New York, May 6.—K. O. Lew Williams knocked out Jim Coffey, the Mohawk Indian, in the first round at the Vanderbilt A. C. tonight. A hard right to the jaw in the first minute of fighting sent Coffey to the canvas for the count of 10.

Paul Doyle outpointed George Underwood in the star bout at the New Polo A. A. In the other event Tacoma Kid defeated William Carroll.

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The Great English Remedy.
Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, despondency, loss of energy, palpitation of the heart, failing memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

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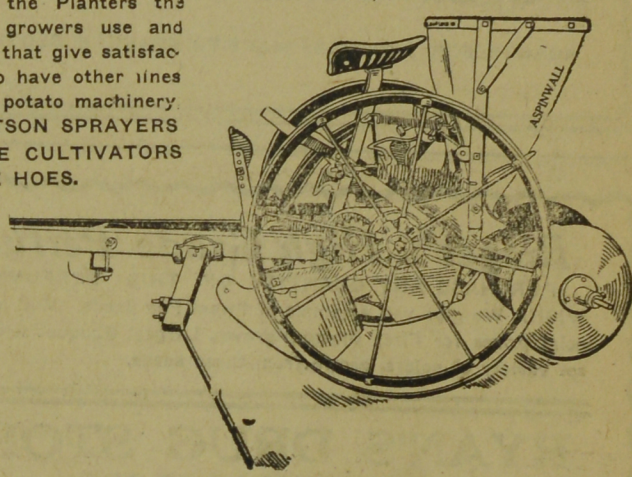
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