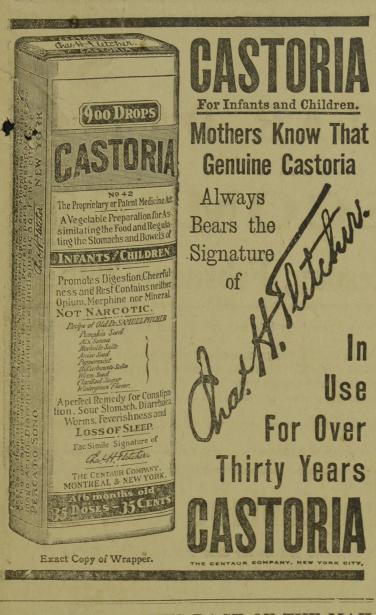
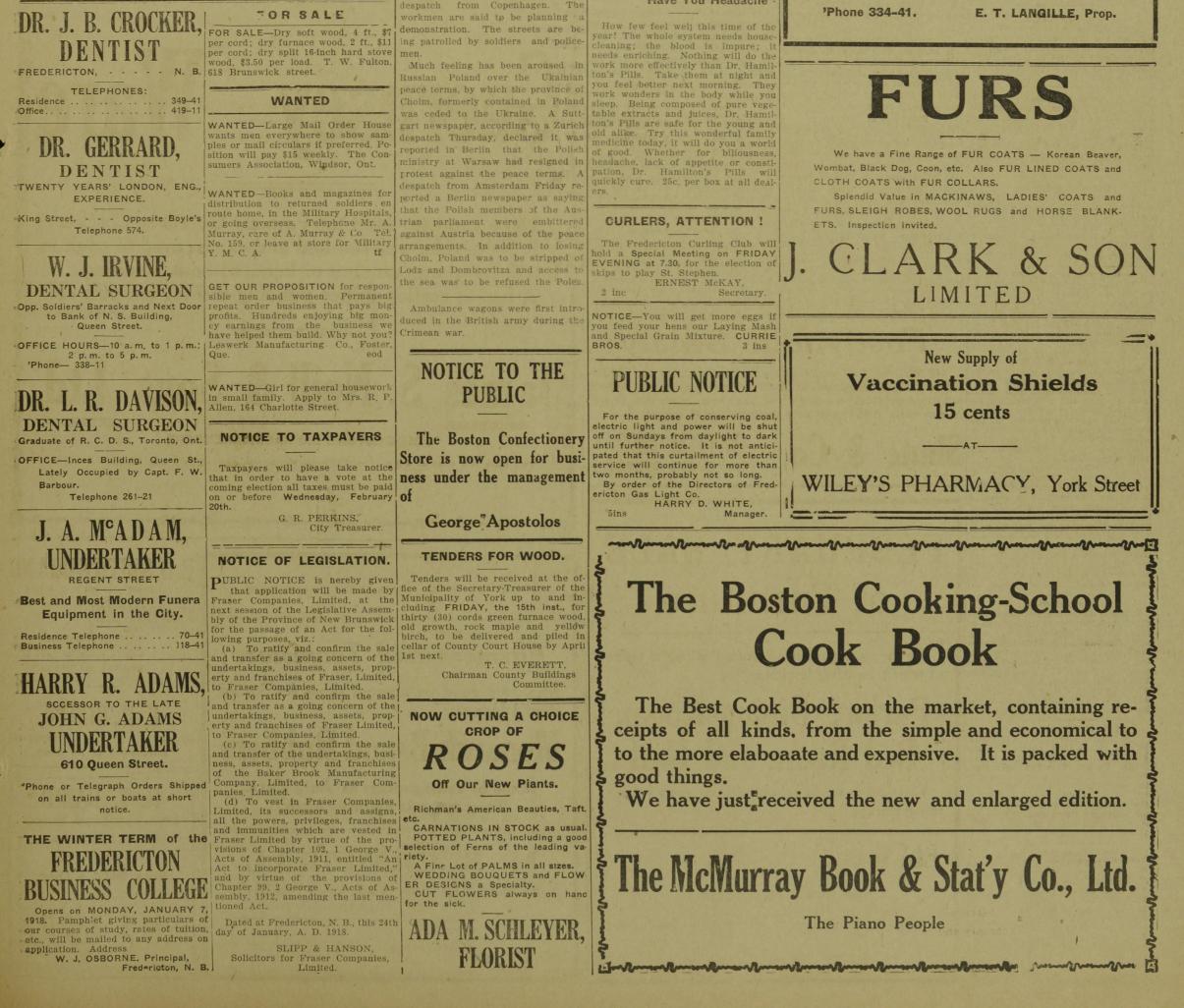
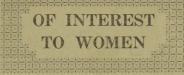
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## **ADVERTISE ON THIS PAGE OF THE MAIL**

Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has com Selled the people to seek all the information possible before buying.





### BREAD RECIPES.

### Stirred Graham Bread.

One and a half cups graham flour ne-half cup of white flour, one-half cup ugar or molasses, one half teaspoon salt, one tablespoon soft or melted buter, two teaspoons baking powder. Stir the above together, add one egg beaten thoroughly, and lastly one cup of sweet milk. Bake in a moderate oven.

lasses, pinch of salt, one teaspoonful of soda dissolved in milk. Steam for three hours.

### Bran Bread.

One cup apple sauce, one egg, one cup sour milk, one cup of flour, two cups of bran, one half cup of sugar, a tablespoon of shortening, a half teaspoon of soda and a little salt.

### Cornmeal Bread.

For two loaves take two quarts of cornmeal, add salt, turn boiling water over it and stir. When cold add two and bake one hour.

# EXCITEMENT

### (Canadian Press direct wire.)

eeling against the Central Powers in an hour and serve with a hard sauce Warsaw, the capital of Russian Po and, and great excitement prevails, Is Your Tongue Furred? according to an Exchange telegraph despatch from Copenhagen. The

### FROM HEADACHES Makes Life Miserable.

**TO SUFFER** 

Headache seems to be habitual with many people. Some are seldom, if ever, free from it, suffering contin-tense pain, sometimes in one part, sometimes in another, and then over the whole head, varying in its severity by the cause which brings it on. The varities of headache most com-mon are sick or bilious headache, ner-vous headache, headache from consti-pation, debility or indigestion and pe-riodical and spasmodic headache, and undoubtedly the cause must be re-moved before permanent relief can be had. Headache seems to

Brown Bread. Four pints graham flour, sifted, one pint sour milk, one half pint of mo-

not only does this but also restores the entire system to healthy action and buoyant vigor. Miss Emily Smith, 204 Bellwoods Ave., Toronto, Ont., writes: "I can-not speak too highly of Burdock Blood Bitters. For two years I was greatly troubled with violent heads ches, par-ticularly in the morning. I tried ev-erything to cure me nutil a friend rec-ommended B.B.B. I tried it and now I am campletely cured." Mauniactured by The T. Milburn Co., Ltd., Toronto, Ont.

OTHER RECIPES. One-Egg Cake.

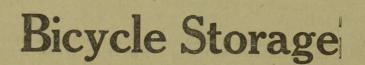
Break an egg into a cup, fill half ful cups yeast, 1 pint wheat flour; sweeten of sugar, then fill with sweet cream; to taste with maple syrup or sugar. 1 teaspoon vanilla, 2 level teaspoons Take a spoon and stir it up like a cake. baking powder, a little salt, 1 full cup Dip it out into bread pans and let rise of flour. Bake in square tin and frost, or cut in two and put in any preferred filling.

### Apple Dumplings.

Make a rich biscuit dough and roll very thin, not more than a quarter of an inch in thickness. Place in the centre of each piece an apple pared and cored. Press the dough over the London, Feb. 16. - There is much apple and steam for three-quarters of

## Have You Headache





Now is the time to have your Wheel attended to. We will call for your Wheel, clean all bearings, repair in any way needed, store for the winter and deliver it to you in the spring like new

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