RELIEVES A COLD QUICK

Easy as Rolling Off a Log to Stop a Cough or Cold With

"CATARRHOZONE"

No more medicine for the stomack that isn't where your cold is lodged.

Every spot that is congested is healed, irritation is soothed away, phlegm and secretions are cleaned out, and all symptoms of cold and catarrh are relieved. Nothing so quick, so sure so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone, large size, which lasts two months, price \$1.00. Small size 50c and sample size

isfactory

AN'S ability to

perform feats

could not do has al-

ways been his stepping

stone to power and

Every man wants to

be a leader in his own

line of work or sphere

Unless a man is a

genius or superman he

"Your Nerve"

position.

of strength to do things other men

PALATABLE HOME MADE

cloth.

What would the Christmas menu ed. Remove the spoon; heat gradually be without a goodly supply of can- to the boiling point, and boil slowly dies such as "mother used to make" Just breathe in the healing vapor of Catarrhozone—a soothing, healing medication that acts instantly. Colds, sore throat and catarrh fairly flee bears of the following medication that acts instantly. Colds, sore throat and catarrh fairly flee bears of the following medication that acts instantly. Colds, and around the candymaking bears without stirring, until a soft ball can without stirring, until a soft ball can be formed when tried in cold water Remove from the fire; let stand until a soft ball can be formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and around the candymaking bears of the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed when tried in cold water and the following formed water and the following formed when the following formed water and the following hovers much delight for the young an oiled or wet plate. Let it stand unfolk in the Yuletide preparations.

many of our chocolates and cream candies.

Fondant

Two cups granulated sugar, two thirds cup boiling water, one-eighth An electric light bill is like a street teaspoonful cream tartar. Put the incar system. Neither one is ever sat- gredients into a saucepan, and stir over a low heat until sugar is dissolv- sup milk one quarter cup butter, one-

> can only attain his objective when he has strength—to have strength he must have health—to have health he must be full blooded, his heart strong and his

> Milburn's Heart and Nerve Pills have assisted many a man who was facing a

How about yourself? Are you facing some task requiring all your strength and

Do as hundreds of others have done, have a box of Milburn's Heart and Nerve

They have helped other men past the trying or testing time and may enable

Mr. Stephen Crouse, East Clifford, N.S., writes:—"I suffered for five years with heart trouble. I could hardly walk from the house to the barn without resting, as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Milburn's Heart and Nerve Pills and I felt better after taking them; three boxes made me quite well. I am now helping my son to work the farm and can truthfully say I feel like a different man."

Milburn's Heart and Nerve Pills are 50c. a box at

all dealers, or mailed direct on receipt of price by

The T. Milburn Company, Limited

Toronto, Ontario

you to carry on and win and keep the position you so much desire.

crucial test and was not at the moment just feeling his best.

Pills at hand and take them according to directions.

without stirring, until a soft ball can disturbed until almost cold; then Included among the following re- work with a wooden spoon until white cipes is the method of preparing and creamy. Work in the hands until fondant, which is the foundation of perfectly smooth. Put into a glass jar seal to exclude the air. If during the boiling crystals form on the sides of the saucepan, wipe off with a damp

Chocolate Carmels

Three cups brown sugar two and one-half ounces chocolate, one-half

MAKE ONE MISERABLE

Headaches are one of the most ag t is hard to struggle along with a ead that aches and pains all the time

many people; some are seldom, if ever, free from them, suffering con-tinually from the dull throbbing, the intense pains; sometimes in one part, sometimes in another, and then again over the whole head.

There is only one way to get relief from these persistent headaches, and that is by going direct to the seat of the trouble, for unless the cause is re-moved, the headaches will still con-

tinue to exist.

The fact that Burdock Blood Bitters keep the stomach, liver and bowels toned up is proof enough to show that it will eliminate the cause of the head-

Mrs. Harold Lanain, Owen Sound Ont. writes: "My system was run down and my blood out of order. suffered a great deal from sever pains in my head, which made me fee very miserable. After baving tried other remedies I purchased a bottle of Burdock Blood Bitters, and was very glad to notice a decided improve-ment in my health, so I took another and amegiad to say that it has done me an enormous amount of good. I have recommended it to my friends, who were in a similar condition, and they all say it is a wonderful remedy."

quarter cup molasses, one teaspoon vanilla. Mix the ingredients and stir over a low heat until the chocolate is melted. Boil slowly until a firm ball may be formed when tried in cold water. Remove from the fire. Add the vanilla, and pour into a well-buttered pan. Mark in squares.

Walnut Creams

Work the fondant (prepared as above) until soft and creamy; flavor and color as desired. Take a piece about the size of a marble; roll it in the hand, and place one-half walnut on each side.

Cream Dates

Wipe dates, and make a cut along their entire length. Remove the stones Take a small piece of vanilla fondant form into a little roll and fill each date with it. Press sightly and roll in granulated sugar.

Dipping Chocolates

General Rules-Let the centres dry and harden slightly after being flavored and shaped; melt the chocolate over hot water in a small deep dish; mix the chocolate with a fork and as soon as it has entirely melted, remove from the fire and dip the centres.

(Do not take chocolate off the hot water).

Dip the chocolates with two forks and drain off any excess of chocola before placing on a waxed paper of

Butter Scotch

1 cup granulated sugar, 1 cup corr syrup, 1 teaspoonful vinegar, 1 half cup butter, mix the ingredients and boil slowly until the mixture becomes brittle when dropped in cold water; pour thinly on buttered pans; if de sired to marq in squares it should be done at once as the mixture cools al most immediately.

Cream Mints

Melt fondant over hot water stir ring all the time; thin slightly by adding a few drops of hot water; fla- furs of every kind and description. vor with oil of peppermint and color if desired.

Drop from the tip of a teaspoon on smooth unbuttered plate or on wax paper and when firm remove; it is necessary to work quickly to avoid emelting the fondant.

Double Fudge

2 cups granulated sugar; 2 ounce chocolate; 2-3 cup milk and 1 tea spoonful butter or 2-3 cup cream; 1-2 teaspoonful vanilla; put the sugar grated chocolate and milk in a sauce pan and stir over a slow heat until the sugar is dissolved; bring slowly to the boiling point and boil slowly without stirring to the soft ball stage (2.32 degrees F.), add the butter, cool add the vanilla; beat until creamy and spread quickly in buttered pan.

Second part: 2 cups brown sugar 1/2 cup cream or 1/2 cup milk and 1 tablespoon butter, 1 tablespoonful vanilla, 1-3 chopped walnuts; put the milk and sugar in a saucepan; bring slowly to the boiling point and boil slowly to 2.33 degrees F., without stirring; add the butter and nuts; cool; add the vanilla, beat until creamy; pour quickly on top of the fudge in the pan; when epol But in squares.

Women try to make themselves beautiful. A man is doing all that is expected of him if he succeeds in keeping himself clean and respect

Christmas cigars are not as deadl as they used to be, as smokers hav become experienced enough to endur-



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We want you to try our COCOANUT OIL SHAMPOO which will give your scalp that fresh healthful feeling and your hair new vigor and beauty. After shampooing apply our QUININE SAGE apply our QUININE SAGE HAIR TONIC to the roots of your hair and it will keep its beautiful appearance.

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> Muskrat, Neutria, Seal, Sealine, Marmot Australian Beaver, Pony.

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My workmanship is of the best while the style is the very latest. have some very pretty pelts in stock, of different kinds, will be delighted to show anybody around my establishment. Give me a call,

MRS. J. E. JOHNSTON

EDGECOMBE BUILDING 91 York Street.

DAVID WARMAN LOSES A FEW

has any horses in the stable of Dave Warman, Geneta, 2.21, has been sent to Frank Fox at Combination; Vesta 2.221/4, to Norman Myer at Brockton and Kalmuck, 2.194, and Peter Dillon, 2.2714, to Jack Monroe at Read-

HOOF PRINTS

Worcester is to have a Summer neeting next year. Ormonde, 2.041/2 and Peter Duffy,

.101/4 go to England.

Peter Elliot, 2.051/4, is owned by R Swartz of Mobile, Ala.

Vance Nuchols will spend the ho!i ay season in England.

They say R. J. Hall of Ansonia Conn., has refused an offer of \$5000 or Ruth Gano.

The weaning by Etawah, 2.03 out of ou Dillon, 1.581/2, will soon start in it the Geers school.

Greetings

It is our sincere wish that you and yours may enjoy a Happy Christmas, and that the New Year may bring you increased prosperity.

We thank you heartily for the good business of the past year and solicit your esteemed patronage in the future.

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