

SEVERE PAINS AROUND THE HEART

Are Nearly Always Caused
by Stomach Trouble

Don't let a pain in the region of the heart frighten you into thinking you have heart disease. Just as a pain in the back seldom indicates kidney trouble, so pain near the heart is scarcely ever present in organic heart disease. The pain is nearly always caused by stomach trouble for the stomach and heart are connected by many nerves, and gas on the stomach causes pressure on the heart.

The alarming pains will disappear if you tone up the stomach, eat the right things and don't worry. Dr. Williams' Pink Pills for Pale People are the best stomach tonic. One or two Pills after each meal soon produces a healthy appetite, the food does not distress you, you are no longer troubled with gas, sour risings in the throat, and those misleading pains around the heart. Strength and energy return, and the rich, red blood, carries renewed vitality to every part of the body. Mrs. Henry Connolly, Brookvale, P.E.I., says: "For a number of years I was a great sufferer from indigestion which, despite all the treatment I took, was gradually growing worse. I would sometimes feel as though I was smothering, and when the trouble came on I would suffer from violent palpitation and pains around the heart which greatly alarmed me. I was under doctor's treatment for a long time, but with no benefit. A friend suggested Dr. Williams' Pink Pills and I decided to try them. In about a month I felt much better, and by the time I had taken another four boxes I was in the best of health and able to eat all kinds of nourishing food. It is now several years since I was cured and I have never felt a symptom of indigestion since. I take every opportunity of recommending Dr. Williams' Pink Pills to friends who are ailing."

If your dealer does not keep these Pills you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

PLEASE LEAVE THE GATE AJAR.

As the western sun was setting upon a forest old
Its rays shone on a lassie and
touched her hair with gold,
Just a little woodland wild rose,
yet one of rarest worth,
A father's treasure, his only joy on earth.
He came from work that moment
and took her in his arms,
"You're tired sweetheart, 'tis growing late—"
"Let me play a little longer," she
answered, "then I'll come,
But, daddy, promise you won't close
the gate."

Chorus:

"Please leave the gate ajar, Dad,
For I'm coming soon, you see;
I'm sure you recall how mamma
Would leave it ajar for me.
I'm such a little girlie,
You know I can't reach so far,
I'll come when my games are
over,
So please leave the gate ajar."

(While the little girl was waiting
one evening for her dad,
His men came through the forest
with faces grave and sad,
"Lass, your father wants to see
you, we'll take you right to
him,"
They gently told her, while their
eyes grew dim,
"Within an hour," he whispered,
"they say I've got to go."
"Take me," she cried. "No, Nell,
it is too far."
Then she said: "When you see
mamma just say I'm coming
soon,
But don't forget to leave the gate
ajar."

A GOOD MEDICINE FOR THE BABY

Baby's Own Tablets are the very best medicine a mother can give her little ones. They sweeten the stomach, regulate the bowels, break up colds, promote healthful sleep—in fact they cure all the minor ills of little ones. The mother may feel absolutely safe in giving them to her children for they are guaranteed by a government analyst to be strictly free from all injurious drugs. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fear not when men speak evil of you; fear lest you should do evil. Talk is said to be cheap, but many a man has had to pay dear for things he said.



Indian Lancer Outposts in France—Indian Cavalry on the Actual Fighting Front.

HOME

Cookies, Rolls, Bread.

Sugar Cookies.—Two pounds sugar, one cupful butter, one egg, one cupful clabbered cream, one teaspoonful soda, one teaspoonful vanilla extract, one teaspoonful lemon extract, one teaspoonful baking powder; flour to roll soft. Mix as for cake, beating soda into the cream until it foams. Roll as soft as possible and sprinkle sugar over the top and bake in very slow oven. If the dough is allowed to stand fifteen minutes before rolled and the board and rolling pin are well floured they can be handled much softer than would be imagined and a better cookie will result.

Jumbles.—One cupful butter, two cupful milk, one-half teaspoonful vanilla, flour to roll. Sift sugar over top and bake in a moderate oven.

Parker House Rolls.—Grate two large potatoes, add one tablespoon sugar, one teaspoon salt and one and one-half pints boiling water. Stir until smooth like starch. Soak one yeast cake in a half cup of lukewarm water. When dissolved, add to potato mixture after it is cool. Let this stand one day and one night. In the morning take one pint of this mixture, add one pint of lukewarm water, two large tablespoons of lard melted, two teaspoons of salt, one-half cup of sugar and flour to make a soft dough. Let this rise about three hours, or until three times its bulk. Let rise again until bulk is trebled. Work down again, then knead on board, roll with rolling pin and cut into rounds with a biscuit cutter. Press through centre with back of silver knife, butter one-half with melted butter and fold over like a pocket-book. Let rise until light and bake fifteen minutes in moderate oven. This will make two and one-half dozen rolls.

Coffee Bread.—Two pounds light bread sponge, four ounces melted butter, yolks of four eggs, four ounces sugar, one-half cup milk; flour enough to make a soft dough, too soft for bread; one cup of raisins or currants, if desired. Mix and beat well and let stand one-half to one hour before baking. This makes two square cake pans. Put on the brushed tops melted butter and sprinkle with sugar and cinnamon when the dough is about half raised. Bake in a moderate oven twenty to twenty-five minutes.

Entire Wheat Bread.—One and one-half pints of lukewarm water, one cake of yeast and flour. Dissolve yeast in water and make a light sponge. Let rise three hours, add one teaspoon salt, one heaping tablespoon shortening melted, two tablespoons molasses. Stiffen with whole wheat flour until it is stiff enough to work on board without sticking. Let stand three hours, or until double in milk. Make into loaves, let rise to top of pan and bake one hour.

Graham Bread.—Make a light sponge with one cake of yeast, one and one-half pints of lukewarm water and white flour. Let rise over night and add one-half graham and one-half white flour to make it stiff enough to knead. Knead well and let rise three to four hours. The graham flour makes it slower to rise than when all white is used. Knead again and make into loaves and let rise to top of pan. If the pans are well greased with melted fat and the loaf is turned over in this it will not be necessary to grease bread

any further. Bake in a slow oven an hour to an hour and a quarter.

Brown Nut Bread.—One cup of white flour, two cups graham flour, one and one-half cups sweet milk, one cup sugar, one teaspoon baking powder, one teaspoon salt, one-half cup nutmeats. Mix thoroughly and bake one hour in a very slow oven.

White Nut Bread.—Two eggs, one cup sugar, one cup sweet milk, one heaping tablespoon of butter, two cups flour, one-half cup chopped nut meats, two heaping teaspoons baking powder, level teaspoon of cinnamon, a little nutmeg. Mix equal sugar and butter until smooth, add spices and nuts, then milk and flour alternately. Beat well and bake in slow oven forty-five to fifty minutes.

Household Hints.

Dip French fried potatoes in cornmeal before frying.

Soap should be bought in quantities; remove the wrapper and allow it to dry.

To remove ink from the fingers, dampen a sulphur match and rub the stains.

If cream proves too thin to whip, add the white of an egg before beginning to whip.

If the zinc lining of a refrigerator looks shabby it can be enameled and made look like new.

The efficient housekeeper knows that sharp knives save time, patience and give better results than dull ones.

Use a little ammonia in water to wash white paint, but no soap. This has the advantage of not dulling the surface.

In using washing soda, it should always be dissolved in hot water before adding to the clothes.

Soiled satin slippers may be dyed with the ordinary powdered dyes, mixed with gasoline. Apply with a clean sponge.

A REBELLION

Food Demanded.

The human body will stand a lot of abuse, but sometimes it will surely rebel and demand proper food in place of the pasty, starchy, greasy stuffs on which it has been made sick.

Then is the time to try Grape-Nuts, the most scientific and perfect food in the world.

A woman writes: "Three years ago I was very ill with catarrh of the stomach and was given up to die by one doctor. I laid in bed four months and my stomach was so weak that I could not keep down medicine or hardly any kind of food and was so weak and emaciated after four months of this starvation that my daughter could easily lift me from bed and put me in my chair."

"But weak as my stomach was, it accepted, relished and digested Grape-Nuts without any difficulty the first time that wonderful food was tried."

"I am now strong and in better health than for a great many years and am gradually growing still stronger. I rely on Grape-Nuts for much of the nourishment that I get. The results have certainly been wonderful in my case and prove that no stomach is so weak it will not digest Grape-Nuts."

"My baby got fat from feeding on Grape-Nuts. I was afraid I would have to stop giving the food to him, but I guess it is a healthy fat for his health is just perfect." Name given by Canadian Postum Co., Windsor, Ont.

Look in pkgs. for the famous little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter. A new one appears from time to time. They are genuine, true and full of human interest.



We unhesitatingly recommend Magic Baking Powder as being the best, purest and most healthful baking powder that it is possible to produce. CONTAINS NO ALUM. All ingredients are plainly printed on the label.

MAGIC BAKING POWDER

EW. GILLET & CO. LTD.
TORONTO, ONT.
WINNIPEG - MONTREAL

LONDON NEED HAVE NO FEAR

ZEPPELIN'S CANNOT INFLICT
GREAT DAMAGE.

Sir Hiram Maxim Tells the People
That They May Sleep
Peacefully.

Sir Hiram Maxim, in a statement in Pearson's Weekly, says:—

"It is quite on the cards that the Germans will, sooner or later, attempt an air raid on this country, but if they do, I am strongly of the opinion that they will not be able to inflict any damage worth speaking about upon us or our property."

"It is largely thought that they will try to fly over London and drop bombs on the town, but personally I am not at all convinced that it is within the powers of German Zeppelins to get to London."

"It is unconceivable that Germany can so far subjugate France as to use, say, Calais, or Boulogne, or Dieppe, as a base for their air fleet; and from anywhere else, even from Belgium, they would have to cross an arm of the sea which is very rough and stormy, especially in Autumn and Winter. To cross the North Sea by air is a most hazardous enterprise at any time, and one requiring abnormally good weather and fortune to be successful."

Might Arrive With Wonderful Luck.

"If the Germans were to dispatch a fleet of twenty Zeppelin balloons, and if, by some extraordinary luck, they did get over the North Sea safely to London, I do not think the damage they could do would be very great; it would cost them more than it would cost us. Flying, say, two miles high they might pass our fleet unseen, and on a dark night—they would certainly choose a moonless or cloudy night—they might get to London unobserved, but it would be necessary for them to descend to within striking distance if they wished to place their bombs with any degree of accuracy. And this would be to reveal themselves. Now, a rifle will carry well over a mile, and you can take it that London's scheme of defence against air invasion is not solely represented by rifle fire. Still, a rifle bullet is quite sufficient to bring a Zeppelin down; the fabric of which these balloons are made offers practically no resistance to the passage of a projectile."

"Even if Zeppelins were to come here, and remaining high enough up to be safe from rifle shot, should turn on their search-lights to show them the town, they would also reveal themselves, and so enable our gunners to train on them."

Too High to be Dangerous.

"From the height at which they would have to keep to be safe, I am convinced that a Zeppelin attack on London would be little more than an annoyance to us. As to being able to drop bombs into Woolwich Arsenal or to wreck the Admiralty wireless masts, the idea, to my mind, is very problematical. If they tried to blow up Woolwich Arsenal they would do well if they wrecked a porter's lodge."

"And even if they did succeed in reaching London, I do not believe that many of them would get back to their base. For one thing, a Zeppelin has to be 'fed' with pure hydrogen once a day, and, for another, its petrol-carrying capacity is limited. A little buffeting about over the North Sea and these airships would run short of the spirit which supplies the motive power."

"The case of an aeroplane raid is rather different. Aeroplanes, I think, would stand a better chance of getting here, and would do more damage than Zeppelins. If the Germans sent a fleet of a hundred aeroplanes, twenty-five might reach our coasts successfully and perhaps half of them could return."

"But then aeroplanes could not carry many bombs, and would require a great number of bombs

dropped on London to do any appreciable amount of damage.

"In the elegant and euphonious language of the wild and woolly West, they have bitten off more than they can chew, and no one in London need tremble at night or hide in a cellar for fear of German bombs dropping into London."

A CENTURY AGO.

Comparisons With the Past Sometimes Have a Sobering Effect.

A little more than a century ago Britain, with a population of about a third of its present size, was maintaining an immense army scattered over the world. In 1809 the local Militia alone numbered 200,000, and these were kept in training until the peace of 1815. More than half a million men were garrisoned in the United Kingdom. Another 22,000 regulars were fighting in Portugal, while in India, Ceylon, the West Indies, North America, the Mediterranean, Cape of Good Hope and Madiera were large bodies of British troops struggling to keep the Empire together. Thirteen hundred regulars guarded the convicts in New South Wales, and 18,000 more were on the high seas. And in spite of a long war, costing \$5,000,000 a week, the country managed to redeem millions of unfunded debt, and show a brave front to the world with bread at 1s. 10d. a loaf.

Dr. Morse's Indian Root Pills

exactly meet the need which so often arises in every family for a medicine to open up and regulate the bowels. Not only are they effective in all cases of Constipation, but they help greatly in breaking up a Cold or La Grippe by cleaning out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheumatism and other common ailments. In the fullest sense of the words Dr. Morse's Indian Root Pills are


A Household Remedy



Worth While Cultivating Your Maple Grove Now

The Government's new protective legislation against adulterators of pure Maple Syrup goes into effect on Jan. 1, 1915. Woe betide transgressors after that date! Maple Syrup makers will reap the reward of their honest labor at last! Buyers of Maple Syrup will be greatly multiplied in number, and it will handsomely pay farmers to cultivate their Maple Groves. The one Evaporator built for the best results is the "Champion"—our pride often imitated but never excelled. Write for free booklet giving full particulars.

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58 Wellington St., Montreal, Que.



A Tonic Restorative

TURNER'S

FAMOUS

INVALID PORT

"Buy it for Purity's sake"
—It builds up nerves and
tissues. Makes you strong.

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Everywhere