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**Children Cry FOR FLETCHER'S CASTORIA**

**Eat Fish and Reduce Living Cost**

Would the popularizing of fish and oysters as a food, to any material extent relieve the high cost of living?

The above question was put to a local retail butcher of considerable influence and more money recently, and his answer was quite satisfactory, so satisfactory, in fact, that the old, familiar phrase "high cost of living," lost some of its sternness.

"Fish," he said, "is a good wholesome food that is being used more every day, but which would be twice as popular as it is at the present time if the Government would make an effort to help the industry along a little. A few years ago this country and the United States looked as if they were, and would remain, the chief source of food, clothing, lumber, fuel and minerals for a large portion of the world. We opened our doors so wide to the people of the other lands, however, that already the consumption has increased far beyond the production, and by wasteful methods, luxurious living, and other causes, we are brought face to face with this problem.

**GOVERNMENT AID.**

"Now, the main item in the high cost of living is the demand for food, and most of the foods of today are too expensive for constant or frequent use. There is one, however, that is expensive, not because of the lack of it, but because the Government will not help the industry. Take the conditions at present. If you want to get fish in Ontario today from the Maritime Provinces, you will have to pay a freight rate of three cents per pound, while even that brought in car lots is hampered with a one and a half cent per pound rate. If the Government would get behind the industry that rate would soon come down.

**FISHING GROUNDS.**

"And then look at our own fishing grounds—the Great Lakes. The United States has depleted the fish in its own lakes, so it comes to ours for its supply. Nothing is done to stop them. There is not even an export duty put on the consignments leaving the country to go over the line. That could easily be remedied, and the remedy lies with the Government. Of course, prices in this country will never come down to the level they were at a few years ago, because geographically we are situated rather unfortunately. Those big cities will always be south of us, they will always want more or less fish, and they will always be willing to pay for it.

**PRICE MODERATE.**

"The price of fish," the butcher went on, "is not so very high at the present time; and therein lies the trouble. We would have to educate the people to like it. Not their palates, you know; they are fond enough of the taste of it, but their ideas. It's like this. Over in the Old Country food is higher than it is here, and yet the people live quite as well, usually. But over there they are not incessantly struggling and fighting for tender sirloins and other portions of the front quarters of beef. They are quite satisfied with steaks, and broths and soups made from the hind quarters—just as good food, and quite as nutritious, but not nearly as expensive. Immediately they come to this country, however, they refuse to use what they are pleased to call "second-class" meat. They become just like all the rest of us. They want nothing but the best, and they are bound to have it, irrespective of the price. And that is the primary cause of the high cost of living as far as food is concerned.

**OTHER DELUSIONS.**

"Meat and fish are not the only foods the people of this country entertain delusions about, however. Take cornmeal. Everybody can remember how, when they were children, their mothers used to make cornmeal the big item on the breakfast menu. They don't any more. Nowadays they are satisfied with nothing less than grape fruit and ham and eggs, stuff that costs three times as much as cornmeal and which is no more nutritious or delectable."

The reporter lived in a boarding-house, and as a result was not very conversant with the prices of meat or fish; but the arguments of the butcher sounded fairly convincing. So he asked him about oysters—did he think they would ever come into general use?

"No, I don't think they ever will" was the response. "They're a luxury now, and I think they always will be. While other foods have greatly increased in price, oysters can still be furnished for about the same price as was in vogue years ago. That's a little too high, however."—News.

**Children Cry FOR FLETCHER'S CASTORIA**



**THE SMART TAILORED SUIT HAS A FIRST PLACE IN THE WARDROBE**

Smart, simple, of good lines, there is nothing more becoming to the American woman than the tailored suit. This has always been true, and, despite its change this season from strictly tailored to semi-tailored lines, the suit continues to be indispensable to the smart wardrobe.

Many of the skirts are draped, many show the double or triple skirt, others again are perfectly plain. The coats are sashed and vested, and often there is a novel collar or attractive cuffs that add to the effect.

Materials are most attractive—velours de laine, plain or self figured; drevety, which is as supple and rich as velvet, and numerous novelty stuffs that are exceedingly smart.

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A smart suggestion for 7998-7994 is navy blue velours de laine striped in natter blue with white collar and vest.

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**Reading Character Black Bass Deposit By the Tongue In Lake Scugog**

The latest "scientific" whim, a substitute for palmistry, hailing from Germany, is the pastime of reading character and telling fortunes by the tongues.

A sensitive, quivering tongue denotes the artistic temperament. A tongue of a brilliant carmine hue denotes long life; a pale, pink tongue, delicacy and weakness of character.

The man with a short tongue usually is of a secretive nature, and likely to succeed in life, either as a lawyer or a detective; but although he may acquire money by economy and cunning, he has not the largeness of mind necessary to the amassing of a great fortune.

Long tongues suggest generosity and open-handedness. But the man with a long, broad tongue is apt to be a dangerous gossip; just as the man with a short, broad tongue is addicted to craft, and even deceptiveness.

**Returned the Teeth**

Dr. Onvick, a Calgary dentist, recently had some teeth stolen from his office. A few mornings afterward he found them in front of his door. The note which accompanied them explained the reason for their return, and, as Dr. Quirk says, the thief is a humorist. The following is what he wrote:

"Dear Doc:—Enclosed you will find your teeth. It is a shame for you to place temptation in the way of one like that, especially when they are not gold, like they look like. We are keeping the elephant's tooth, because you admit it is worth \$25 or so. If you hadn't hollered we would have tried to melt the gold down. Thanks for the tip."

**CHIEF LOCATES GUILTY PARTIES**

Chief Chilton has located the parties who rang in the false alarm from the fire alarm box at Horn's mill at the corner of Bond and William streets. He has taken a great deal of trouble to look into the case thoroughly and has got the evidence all in line so that an arrest can be made and the case gone ahead with at once.

**READING AND ITS PLEASURE**

(By F. M. DeLa Pousse in Peterboro (Examiner).)

At present the chief interest of patrons of all libraries centres in fiction. Presumably this will always be the case, but whilst there is small hope that this department will ever be relegated to the background in favor of other branches of literature, there is great satisfaction to be found in the fact that there is an appreciable decrease in the patronage extended to it and a noticeable increase in that extended to others. During the present year it has been very patent to observation in the Peterboro library, and it is gratifying that it should be so for there is much of the highest value and interest to be found on the shelves if the people will only take the trouble to look for it.

It is very far from the aim of the writer, however, to attempt to belittle the value of fiction. It is and always will be an abiding necessity in the lives of most of us to have something to turn to that will tend to ease our tired brains and cast our thoughts into channels far removed from the stress and strain of daily toil. But there is reason in all things and there is no more necessity for a continued diet of fiction for the mind than there is for a continued diet of pork and beans for the body. It has been stated on good authority that there is at the present time in stock in the storehouse of a well known New York publishing firm no less than 350,000 copies of the popular novel, "The Winning of Barbara Worth," and it seems to me that there is something inexpressibly saddening in the fact that a work like this, excellent as it undoubtedly is, should sell in such tens of thousands, while the untalented labors of philosophers, poets, essayists, and others sell by tens. Today I was examining the books in the Biographical section of our library, and was astonished at the number that had evidently never been taken out for reading purposes. Some of these, in fact most of them had been purchased some years ago, and afforded mute but eloquent testimony to the fact that the taste of the purchasers had been very far in advance of the taste of those to whom they were catering. Take for instance that encyclopaedic work, "The Lives of the Lord Chancellors" (10 vols) and "The Lives of the Chief Justices of England," (6 vols). Whenever I look at these works, they seem to me to assume quite an aggressive and sinister individuality, holding up their heads in high and mighty manner among their more gaudily bedecked brethren of a younger generation, as if insistently demanding as their right a fair measure of recognition from the public.

Now, it is far enough from my thoughts that everybody should make it a point of necessity to read either of these ponderous works. They are neither of them of a character to appeal to the general public, but nevertheless, they are distinctly of a type to appeal to a far larger public than is at present aware of their existence. "The Lives of the Lord Chancellors" gives a short account of everyone who has held that office from its inception to the time of Lord Brougham. It furnishes us with a knowledge of the origin, functions and jurisdiction of the office. But, apart from all this, there is very much in the volume that should prove entertaining reading for those whose tastes do not lie exactly in the line of constitutional law or politics, for biography is more interesting than history to the average individual and even though the story of the holders of the Great Seal is in reality the story of the British constitution as well as of British jurisprudence, there is enough of the personal element in it to enchain the mind of the reader.

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**FULFILMENT**

By Robert Chalmers.

There is a sea—a quiet sea,  
Beyond the farthest line,  
Where all my ships went astray,  
Where all my dreams of yesterday,  
And all the things that were to be—  
Is done!

There is a land—a quiet land,  
Beyond the setting sun,  
Where every task in which I quailed,  
And all wherein my courage failed,  
Where all the good my spirit planned  
Are mine!

There is a hope—a quiet hope,  
Within my heart instilled,  
That if, undaunted, on I sail,  
This guiding star shall never pale,  
But shine within my labor's scope,  
Fulfilled!

And there's a tide—a quiet tide,  
Flowing toward a goal—  
That swept by every humble shore  
And at its fullest ebbs no more,  
And on that final swell shall ride—  
My soul!

**"For the Blood is the Life."**

**WHEN YOU ARE ILL**

With any disease due to impure blood such as Eczema, Scrofula, Scoury, Bad Legs, Abscesses, Ulcers, Glandular Swellings, Boils, Pimples, Sores of any kind, Piles, Blood Poison, Rheumatism, Gout, etc., don't waste your time and money on lotions and ointments which cannot get below the surface of the skin. What you want is a medicine that will thoroughly free the blood of the poisonous matter which alone is the true cause of all your suffering. Clarke's Blood Mixture is just such a medicine. It is composed of ingredients which quickly expel from the blood all impurities, from whatever cause arising, and by rendering it clean and pure, can be relied on to effect a lasting cure.

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