

Prepare Yourself For Winter's Worst

Don't wait till you've caught one of these nasty colds—fortify yourself against them by taking a course of

Na-Dru-Cod Tasteless Cod Liver Oil

This "builder-up" is rich in the medicinal and nutritive properties of the best Norwegian Cod Liver Oil—without the disagreeable taste. It also contains Extract of Malt, Extract of Wild Cherry and valuable Hygienic substances which tone up the whole system and particularly strengthen the Lungs, Throat and Bronchial Tubes.

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He was a man of good character, and he was a man of means. He was a man of good character, and he was a man of means. He was a man of good character, and he was a man of means.

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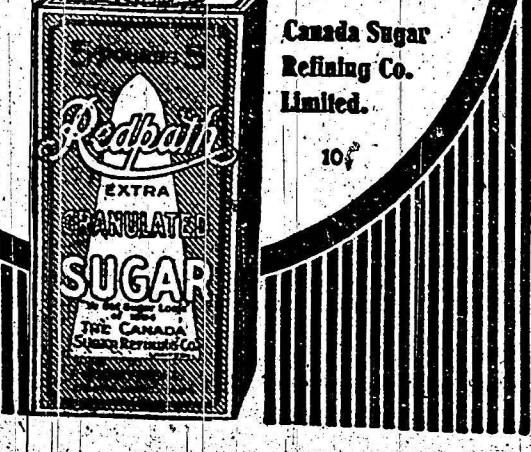
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Selected Recipes.

German Rolls—Mix together 2 ounces of sugar, 2 eggs, 6 ounces of flour and 1 ounce of anise seed. Cut into long rolls. Twist them. Glaze with yolk of egg and bake a nice brown.

Currant Muffins—Cream together two tablespoonsful of sugar and one of butter. Add one beaten egg, a little salt, two and one-half cups of flour into, which has been stirred three tablespoonsful of baking powder, and one-half cupful of currants. Bake in buttered gem pans.

Baked Macaroni with Cheese—Make a white sauce in the following manner: Melt two tablespoonsful of butter in a saucepan, and when hot add two tablespoonsful of flour and stir until blended, add gradually one cupful of hot milk, stirring constantly; season with salt; put a layer of boiled macaroni in a buttered baking dish and sprinkle with grated cheese. Repeat and pour over the macaroni the white sauce, then cover with buttered breadcrumbs and bake till brown.

King's Pudding—Two cupfuls of breadcrumbs, one-half cupful of suet, one-half cupful of molasses, one egg, one cupful of milk, one-quarter teaspoonful of salt, one-half teaspoonful of soda, one cupful of raisins and one-half teaspoonful of cloves. Soak breadcrumbs one-half hour, then add the other ingredients; stir well. Steam three hours. Serve hot with a hard sauce.

Nut Sandwiches—English walnuts or almonds, lettuce leaves, bread and butter, mayonnaise dressing. Chop the nuts finely and mix them with mayonnaise. Spread between slices of bread and place a lettuce leaf between the parts of each sandwich. Sprinkle over with a bit of cayenne pepper. Variations may be obtained by first mixing the nuts with very finely chopped celery, with chicken, with olives, with figs. First mince the ingredients finely and add the nuts softened with sweet cream or mayonnaise to a paste, that spread easily before putting it on the bread. Season with salt and pepper or paprika.

Stuffed Eggplant—Wash and wipe a large eggplant and boil for ten minutes in boiling salted water. Let it get perfectly cold and cut it in half lengthwise and scrape

HOME

To guard against alum in Baking Powder see that all ingredients are plainly printed on the label. The words "No Alum" without the ingredients is not sufficient. Magic Baking Powder costs no more than the ordinary kinds. Full weight one pound cans 25c.

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WINNIPEG MONTREAL

TO THE WHITE HOUSE

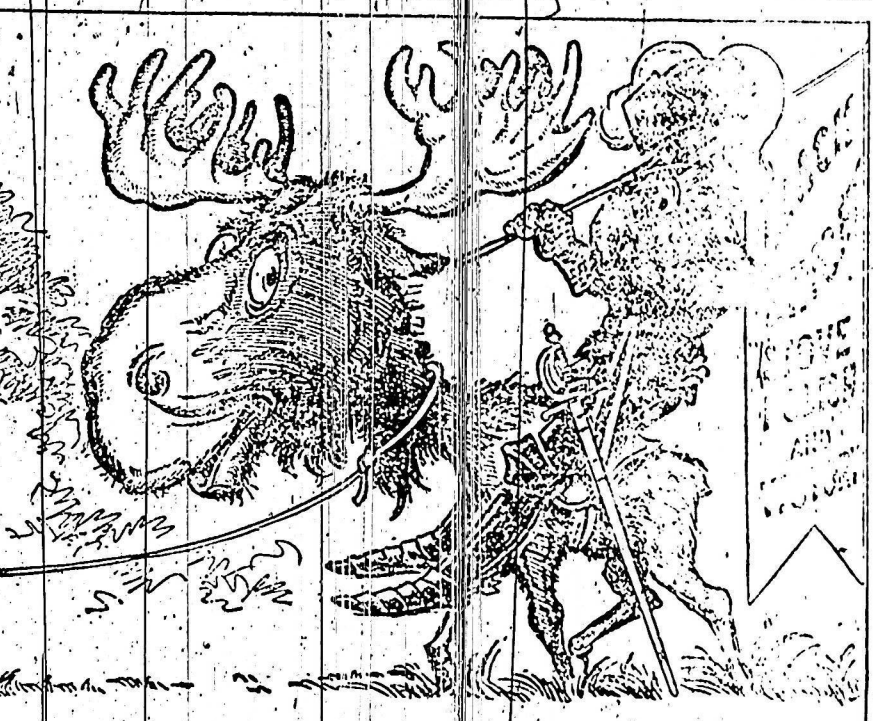
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Mr. O. S. Seaman.

as it used to be he promptly replied, "It never was." This reply was both witty and true, and doubt Mr. Owen Seaman is tempted to answer in the same strain when those individuals who are always glorifying the past are decanting on the present position of "Punch". It is hardly necessary to state that under Mr. Seaman's editorship "Punch" was fully maintained its reputation, and Mr. Seaman is a worthy successor to the illustrious editor who preceded him.

Mr. Seaman in his youthful days had no intention of adopting a literary career, and after leaving Cambridge, where he attained high honors, he settled down as a master at Rossall School. Later he acted as Professor of Literature at Durham College of Science, Newcastle-on-Tyne. In 1894 he began writing for "Punch", joining the staff three years later. In 1902 he was appointed assistant editor, and in 1908 he assumed full control. Mr. Seaman has gained a great reputation as a writer of satirical verse, and among his well-known efforts in this direction are "The Battle of the Bays," "In Cap and Bells," and "A Harvest of Chaff." Mr. Owen Seaman has lamented in verse the strain of being funny once a week, but he apparently bears up well under this strain, for his wit remains fresh and sparkling.

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Meets every Friday at 8 o'clock in their hall, Main street, Markdale. Brethren always welcome. Crockett, N.G., R. W. Treasurer.

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