

URIC ACID NEVER CAUSED RHEUMATISM

I WANT to prove to you that rheumatism is not caused by uric acid. I have treated thousands of cases of rheumatism and never found a single case where uric acid was the cause. The cause of rheumatism is a toxin which attacks the joints and causes inflammation. This toxin is produced by the bacteria which live in the joints. It is not uric acid which causes rheumatism, but the bacteria which produce the toxin. I have a special treatment which cures rheumatism in a few days. Write to me for a free booklet.

Dr. J. W. Dawson, 1100 St. Lawrence St., Montreal, P. Q.

Bobby—Sister must be able to see in the dark. Mother—How so? Bobby—Because last night when the parlor I heard her say: "Why Tom, you haven't shaved!"

SUGAR AS YOU LIKE IT

FINE Grain Sugar
In the form of granules, it is the most desirable for use in all kinds of confectionery, and is the only sugar that is not sticky and does not clump.

MEDIUM Grain
In the form of granules, it is the most desirable for use in all kinds of confectionery, and is the only sugar that is not sticky and does not clump.

COARSE Grain
In the form of granules, it is the most desirable for use in all kinds of confectionery, and is the only sugar that is not sticky and does not clump.

St. Lawrence Sugar Refining Limited, Montreal, P. Q.

Foot Lawrence Sugar

FARMS FOR SALE

M. W. DAWSON, Ninety Colborne Street, Toronto.

PRIME STOCK, GRAYS AND DAIRY
Farms in all sections of Ontario.

FACTORY SITES, WITH OR WITHOUT
Buildings and other structures in Toronto, Hamilton and other cities.

RESIDENTIAL PROPERTIES
In Toronto and other cities.

M. W. DAWSON, Colborne St., Toronto.

STAMPS FOR SALE

STAMP COLLECTORS' HANDBOOK
For 1924. Price 25c. Write to M. W. Dawson, Colborne St., Toronto.

MISCELLANEOUS

GRAHAM-BROS. FRUIT CANNERS
111 St. Lawrence St., Montreal, P. Q.

M. W. DAWSON, Colborne St., Toronto.

MALE HELP WANTED

MEN WANTED

MEN WANTED

IMMORTALITY CERTAIN

West Toronto

West Toronto

Processor Department

West Toronto

Her Great Love;
Or, A Struggle for a Heart

CHAPTER XIII

conventional life was difficult under the direct gaze of those trusting eyes. "It is not my fault, I am not guilty," said Bobby. "I have gone without any rest for days."

Mr. Deane came in, his gray hair thick and bushy on his forehead. He looked at Bobby with a stern expression. "You are going to make a long stay at the hospital, Bobby. You must be careful of your health."

"I am not going to the hospital," said Bobby. "I am going to the office. I have work to do."

"You are not fit for work," said Mr. Deane. "You must rest. You must be careful of your health."

"I am not going to the hospital," said Bobby. "I am going to the office. I have work to do."

"You are not fit for work," said Mr. Deane. "You must rest. You must be careful of your health."

CHAPTER XIV

colored with the first prize of 5,000 roubles. There never had been before, and there never has been since any such complete work on the subject. And, furthermore, a principle which he advocated—a principle revolutionizing the cavalry service—and which he claimed would be the basis of future military mounted operations—has proven sound and has been universally adopted.

With the perfection of firearms, Col. Denison marked a coming change in cavalry tactics. He prophesied that cavalry would be armed with firearms, that the sword and lance would fall into disuse, that cavalry would not be used to beat down an enemy by shock, but would be in effect mounted infantry. This contention—regarded as mistaken or absurd by most military authorities when Colonel Denison's book first appeared—has been proven sound by modern war.

In the Boer War and the Russo-Japanese War, the mounted rifles won the day. The British went into the Boer War with 3,000 steel armed cavalry of the old type, and at the end of the war had 100,000 mounted men in the field. That was the only way they could fight the 87,300 Boers who took the field—practically all mounted riflemen. In the Russo-Japanese War there was not a single charge against riflemen on foot. The sword and lance were nowhere. The rifle was supreme, inspiring the only effective action for cavalry as well as infantry. Few as the achievements of the Russian cavalry were, whatever they did achieve was through fire action.

Lost Hope.

He—"I was a fool when I married you."

She—"I know that, but I didn't realize that you couldn't improve."

Unreasonable.

"John, you never listen to half the things I say to you," she complained.

"Well, dear," he replied, "I have to work part of the time."

Tramp No. 1. "Is this a good town?" Tramp No. 2: "No, awful! I had three jobs offered me in one day."

HOME

Choice Recipes.

French Omelet.—Four eggs, four tablespoons milk, two teaspoons butter, one-half teaspoon salt, one-eighth teaspoon pepper. Beat the eggs slightly. Add milk and seasoning. Put butter in hot omelet pan and when melted turn in the mixture. As it cooks draw the edges toward the center with a knife until the whole mass is of a creamy consistency. Then fold and brown quickly underneath. Fold and turn on top platter.

Almond Meal Gems.—Add to the well-beaten whites of two eggs one teaspoonful of lemon juice and ten teaspoonfuls of almond meal. Beat together thoroughly; drop into slightly heated greased pans and bake ten to fifteen minutes.

Sponge Cake.—Yolks of six eggs, one cup sugar, one teaspoon lemon juice, grated rind of half a lemon, whites of six eggs, one cup flour, one-half cup milk, one-half cup oil, one-half cup sugar, gradually add and continue to heat. Add lemon juice, rind and whites of eggs beaten until stiff. When whites are partly mixed with yolks carefully cut and fold in the flour, mixed and sifted with salt. Bake in an unbuttered pan in a slow oven for one hour. Put can of water in the oven to add moisture.

Hot Deviled Eggs.—Cook six eggs hard. Remove shell, cut in halves lengthwise, take out yolks and season it highly by blending with salt, paprika, mustard and vinegar. Replace in white, set in baking dish, and pour over all a white sauce in which chopped hard eggs have been mixed, in the proportion of two yolks to one cup of sauce. Cover with buttered crumbs and bake until brown on top.

French Dressing.—One-half teaspoon salt, one-quarter teaspoon paprika, three tablespoons olive oil, one tablespoon vinegar. Mix the yolks and oil in a bottle. Add the vinegar and shake vigorously. Place in a cold place until ready to use. Serve with a green salad. Lemon juice may be used instead of the vinegar. Many cooks prefer it to the vinegar.

Almond Omelet, Caramel Sauce.—Six eggs, six tablespoons caramel sauce, one-half teaspoon vanilla, few grains salt. Separate yolks and whites of eggs. Beat yolks until thick and lemon colored, add six tablespoons of caramel sauce and vanilla. Cut and fold in the whites of the eggs beaten until stiff and dry. Put two tablespoons butter in a hot omelet pan, over bottom of pan with blanched shredded almonds, turn in egg mixture and cook and fold same as plain omelet. Serve with caramel sauce.

Caramel Sauce.—One cup granulated sugar, one cup boiling water. Melt one cup granulated sugar by stirring over the fire until it becomes a light brown in color. Add water and mix with the sugar; the heat of the fire will do that. When melted add one cup boiling water slowly and cook until the hardened sugar is dissolved. This can be bottled and kept tightly corked to be used for coloring and flavoring custards, cakes and confections.

Popovers.—One cup milk, one unbleached egg, one cup flour, few grains of salt. Beat ingredients thoroughly three minutes with a large Dover or rotary egg-beater. Add one cup milk and one cup flour. Cook one hour in a moderate oven. Instead of fifteen minutes in a hot oven. Popovers are more easily made and more digestible if prepared this way.

Banana Dressing.—Two tablespoonfuls flour, two tablespoonfuls butter, one-half cupful sugar, one cupful milk, one egg yolk, one banana, one cupful whipped cream. Mix flour and sugar together. Add to scalded milk, return to double boiler and cook until thick. Add butter. Add banana, which has been mashed through a sieve. Cool until the mixture coats a silver spoon. Fold in cream when ready to use. Add to cut fruit for salad. Do not use bananas in the salad. Pine-apple, orange, celery and nuts make a very good combination.

Nut Bread (Quick).—Two and one-half cups white flour, two and one-half cups baking powder, one-half cupful sugar, one-half teaspoon salt, one-quarter cupful milk, one egg, one cupful milk, one egg yolk, one banana, one cupful whipped cream. Mix flour and sugar together. Add to scalded milk, return to double boiler and cook until thick. Add butter. Add banana, which has been mashed through a sieve. Cool until the mixture coats a silver spoon. Fold in cream when ready to use. Add to cut fruit for salad. Do not use bananas in the salad. Pine-apple, orange, celery and nuts make a very good combination.

Cream Puffs.—One cupful water, one-quarter cupful butter, one cupful flour, four eggs, a few grains of salt. Melt the butter in the boiling water and add the flour while it boils. Blend the mixture into a smooth paste; cook add the unbleached egg one at a time and beat. Drop by spoonfuls on buttered tins. Bake in a hot oven, until a delicate brown (about thirty minutes).

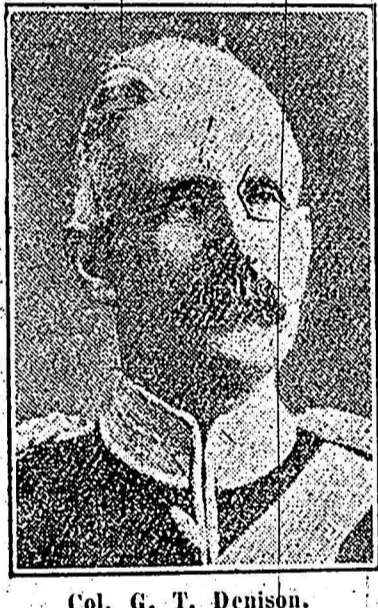
Queen's Toast.—Six slices of toast, one cup fruit juice, one and one-half tablespoonfuls cornstarch. Blend cornstarch with a small amount of cold water. Add fruit juice gradually and cook to a smooth sauce. Dip each slice of toast in the sauce and pour the sauce over and around the toast. A bit of whipped cream or the preserved fruit served on each slice adds very much to the appearance and the flavor of the dish.

Nut Roast.—Two eggs, one cup milk, one-half cup chopped nuts (pecans best), two cups crumbs; sage or savory to taste; salt and paprika to taste. Combine ingredients; roll in wet cloth. Do not leave too much room to swell. Steam three-quarters of an hour. This will cost about 15 cents.

COL. GEORGE T. DENISON.

Saw Coming Change in Cavalry Tactics Back in 1877.

Colonel George T. Denison every Canadian knows as Toronto's Police Magistrate. But not many people know Colonel Denison to be a prophet and an author of note. Such is the case, however. Thirty-six years ago he wrote a book, "A History of Cavalry," and entered it in a competition inaugurated by the Russian War Department, by authority of Emperor Alexander II. There were three prizes, and Colonel Denison, in competition with the world, won the first prize—5,000 roubles. There never had been before, and there never has been since any such complete work on the subject. And, furthermore, a principle which he advocated—a principle revolutionizing the cavalry service—and which he claimed would be the basis of future military mounted operations—has proven sound and has been universally adopted.



Col. G. T. Denison.

ed with firearms, that the sword and lance would fall into disuse, that cavalry would not be used to beat down an enemy by shock, but would be in effect mounted infantry. This contention—regarded as mistaken or absurd by most military authorities when Colonel Denison's book first appeared—has been proven sound by modern war.

In the Boer War and the Russo-Japanese War, the mounted rifles won the day. The British went into the Boer War with 3,000 steel armed cavalry of the old type, and at the end of the war had 100,000 mounted men in the field. That was the only way they could fight the 87,300 Boers who took the field—practically all mounted riflemen. In the Russo-Japanese War there was not a single charge against riflemen on foot. The sword and lance were nowhere. The rifle was supreme, inspiring the only effective action for cavalry as well as infantry. Few as the achievements of the Russian cavalry were, whatever they did achieve was through fire action.

Missed It.

"Atkins," said the Sergeant, angrily, "haven't you shaved this morning?"

"Ain't I shaved?" asked Atkins, in innocent surprise.

"No, you're not," insisted the Sergeant, "and I want to know why."

"Well, you see, Sergeant," replied the soldier, "there was a dozen of us using the same mirror, and I must have shaved some other man."

Lost Hope.

He—"I was a fool when I married you."

She—"I know that, but I didn't realize that you couldn't improve."

Unreasonable.

"John, you never listen to half the things I say to you," she complained.

"Well, dear," he replied, "I have to work part of the time."

Tramp No. 1. "Is this a good town?" Tramp No. 2: "No, awful! I had three jobs offered me in one day."

Date Cake.—Here is a recipe for a delicious date cake. It is easily made and does not cost much. Take one-half cup cup of butter, one and one-half cups of sugar, two eggs, one cup of sour milk, one cup of dates cut up fine, one cup of nuts, one cup of flour, one teaspoon of vanilla and a pinch of salt. Bake in a long and narrow pan, and when finished cover with chocolate frosting.

Worth Knowing.

Linen is best bleached on thick clean glass.

A rush runner is an excellent thing for the veranda.

Soften hard water for toilet use by a pinch of borax.

If paint sticks to glass remove it with hot vinegar.

Vegetable floss makes an excellent filling for pillows.

Ink stains on garments can be soaked out with salt and milk.

After washing black silk or cotton stockings, rinse in salt water.

Clothes should always be dried in the sun and air to look their best.

Tablecloths and sheets should not be looped on the line, but hung taut.

Every spare room should have a waste basket, a chair, and a good light in it.

To polish zinc, rub hard with kerosene cloth and rub off with boiling water.

Never wash aluminum kitchen ware with soda. Use simply soap and water.

Lodine acts as a healing remedy as well as a disinfectant and is especially helpful for wounds caused by rusty nails, etc.

New housewives realize the effectiveness of kerosene as a disinfectant. Put it down the drain pipe and it will kill all germs.

To discover if your petticoat is showing below your dress skirt, place a hand mirror on the floor and turn slowly around before it.

To clean fine carpets and freshen their colors without injury, scatter grated white potato over them, sweeping it up with a clean whisk or broom.

An excellent plan before putting one's hands into soda water is to rub them well with a piece of mutton fat. This counteracts the bad effects of soda.

As between meal nibbling and the drinking of water copiously during meals are both harmful, so, too, is sleeping in a room in which there is little or no fresh air.

To make awnings waterproof, plunge first into a solution containing 20 per cent. soap and afterward in another solution having the same percentage of copper. Wash afterward.

Linen or corded material garments should be ironed over an ordinary ironing board, taking care to iron slowly and directly across, and not sloping around, so that the bias will put them out of shape.

A preservative closet should be cool and dark. If it has a glass door hang a black curtain over it. It is a good plan to wrap jars of cherries, raspberries and strawberries in paper to exclude the light.

If you desire to obtain a beautiful lustre on cut glass, try washing it in two quarts of fairly hot water to which one tablespoonful of turpentine has been added, and you will find the results very satisfactory.

A delicious dish of peppers is made in this way: Wash, halve and seed the peppers, then run through a food chopper. Put a little butter in a frying pan. Add the peppers and their juice and tender a cupful of stock. Simmer till tender.

To clean alabaster there is nothing better than soap and water. Stains may be removed by washing them with soap and water and then covering them with whitewash, washing the whitewash off after some hours and polishing the place that had been stained by rubbing.

To stone raisins, free them from their stems, put them in a bowl and cover them with boiling water, letting them remain in it for two minutes. Then pour off the water and open the raisins, and the seeds can be removed quickly and easily and without the usual stickiness.

BAD TEETH CAUSE BAD EYES.

Oculists Dental Treatment Often Cures Eye Trouble.

There have been instances of blindness resulting from extracting teeth, but these are rare. On the other hand, specialists in eye troubles have frequently found the trouble with their patients' eyes to come from decaying teeth.

One specialist suspected his patient's eye trouble was due to bad teeth and made a careful examination of the mouth. So far as could be found there were no bad teeth, still, the eye specialist was not satisfied and had his patient's mouth photographed by the X-ray. The result of this proved the correctness of the specialist's diagnosis; for beneath what appeared to be solid good fillings and crowns he discovered some abscesses.

They were not of a nature to make the patient suspect he had them, but they were acting on the optic nerves and were really all that was making the trouble with his eyes. Eye specialists are getting more and more to understand the evil effects bad teeth have on the eyes, and many obstinate cases of impaired eyesight which in the past could not be remedied are now actually cured by curing the bad teeth, and thus removing the cause.

Care should be taken to watch the children. Sometimes their eyesight bothers them while their teeth seem perfect. Then say "No!" and have their teeth examined by a dentist. You can't I guess get any more of the rest of them.

Starting at the Bottom.

"I'm going to have my first million at the bottom and work up to the millions."

"I presume you intend to start him as an office boy, then?"

"Exactly?"

"Shall I put him on the payroll at the regular office boy's salary?"

"No, I wouldn't do that. I'd better start him in at about \$100 a week. The boy's simply got to have a little pocket money."

Giving unsolicited advice is one way of borrowing trouble.

"I came near doing what I set out to accomplish," said the man with great self-confidence, replied the cruel cynic. "But that's what the man said when he put the paste brush in the ink bottle."

Bobby had worn his mittens on Sunday.

"You are a perfect little fellow," remarked, giving a pat on the head.

"Do you mean it?" demanded Bobby.

"Then say 'No!'" said Bobby.

"You can't I guess get any more of the rest of them."

READ THE LABEL

FOR THE PROTECTION OF THE CONSUMER THE INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL. IT IS THE ONLY WELL-KNOWN MEDIUM PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUMINA OR POTASSIUM SULPHATE. THE PUBLIC SHOULD NOT BE MISLED BY THESE TECHNICAL NAMES.

MAGIC BAKING POWDER

ALUMINA SOMETIMES REFERRED TO AS SULPHATE OF ALUMINA OR POTASSIUM SULPHATE. THE PUBLIC SHOULD NOT BE MISLED BY THESE TECHNICAL NAMES.

E. W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

MAGIC BAKING POWDER

ALUMINA SOMETIMES REFERRED TO AS SULPHATE OF ALUMINA OR POTASSIUM SULPHATE. THE PUBLIC SHOULD NOT BE MISLED BY THESE TECHNICAL NAMES.

E. W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

FROM ERIN'S GREEN ISLE FROM MERRY OLD ENGLAND

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

Occurrences in the Land That Reigns Supreme in the Commercial World.

The largest dock in the world is at Cardiff, Wales.

Over a thousand people in England and Wales, fifteen die annually.

Birmingham is the great jewellery manufacturing centre of the United Kingdom.

The cemeteries around London cover 2,000 acres, and the land they occupy represent a capital of \$100,000,000.

A medical officer reports that there are 10,000 people residing in the northwest wards of Detroit without a bath in their homes.

The King received in audience at Windsor, Field-Marshal Sir John French, and handed him his field marshal's baton.

A memorial tablet was unveiled last Sunday in Farncombe Church, Godalming, to Jack Phillips, the chief wireless operator of the Titanic.

Three men were sentenced to six months and one to three months imprisonment at Carlisle for packing explosives in a West Coast express.

The Merchant Services Guild have announced that increased pay for captains and officers have been granted by various lines, including the United States.

Unmarried men who are unable to remain single for four years have been selected as recruits by the Swansea Watch Committee for the Borough police.

Prince Christian's prize, amounting some noted prize winner, have been sold at Slough. A second round King for over \$200.

A serious attempt by suffragettes to destroy crops over a large area, and also to cause a heavy loss of life has been discovered at Yardley Wood, near Birmingham.

John William Gillies, said to be the oldest living inhabitant of a coal district, has just celebrated the nineteenth anniversary of his birth at Shepton Mallet.

Two new schemes of the county council, one for the Newmarket, and one for the Newmarket, were passed in the last session of the council.

When the fire broke out in the road, a fireman named J. J. Connelley of Ballinacree had died from the effects of the poison.

The deekers employed by the Land and Burns lines have come to an agreement with the companies about their wages and therefore will not go on strike.

An English company is contemplating the construction of an electric tram scheme round the Down coast, connecting Carrigrohane with Newcastle.

When the fire broke out in the road, a fireman named J. J. Connelley of Ballinacree had died from the effects of the poison.

The deekers employed by the Land and Burns lines have come to an agreement with the companies about their wages and therefore will not go on strike.

An English company is contemplating the construction of an electric tram scheme round the Down coast, connecting Carrigrohane with Newcastle.

When the fire broke out in the road, a fireman named J. J. Connelley of Ballinacree had died from the effects of the poison.

The deekers employed by the Land and Burns lines have come to an agreement with the companies about their wages and therefore will not go on strike.

An English company is contemplating the construction of an electric tram scheme round the Down coast, connecting Carrigrohane with Newcastle.

Well Begun.

Some men make a habit of beginning a party with a glass of champagne, others don't even have that habit.

Well Begun.

Some men make a habit of beginning a party with a glass of champagne, others don't even have that habit.

Well Begun.

Some men make a habit of beginning a party with a glass of champagne, others don't even have that habit.

Na Dru Co Laxatives

are especially good for children because they are pleasant to take, gentle in action, do not irritate the bowels nor develop a habit for continual or increased doses. 25c a box, at your Druggist's.

National Drug and Chemical Co., 177 St. Lawrence St., Montreal, P. Q.