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TO paint YOUR HOUSE inside and out with just the right touch of color for freshness, beauty and strength.

TO keep YOUR HOUSE cheerful and bright throughout summer and winter.

TO brand YOUR HOUSE with a quiet elegance amongst its fellows.

Price just right for the purest and best.

Write for our Post Card Series "C," showing how some houses are painted.

A. RAMSAY & SON CO., - Montreal.
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THE RIGHT PAINT

cakes, with the excellent result of making the cake twice as light as in the ordinary way. This has been tried personally. Nice doughnuts also can be made of sour milk. One teacupful of sour milk, two cupfuls of sugar, three eggs, eight cupfuls of flour, one teaspoonful of baking powder. Mix all the dry ingredients together, then add the eggs well beaten, and last of all the milk. Make a stiff dough, roll out, cut into shapes, and fry till brown.

A trained nurse prepares chopped beefsteak for her patients in a way that makes the food easy to digest. The meat from a pound of round or sirloin steak carefully is freed from fat and cut in small pieces to go into the meat chopper. After a few minutes' chopping the fine pulp which rises from the meat during the operation of chopping is renewed and put aside. Continue to chop and remove the pulp until only the fibre of the meat remains. This pulp is pressed into a round flat cake and broiled on each side over a hot fire for five minutes. It then is seasoned lightly with salt, a dash of cayenne, a little butter, and served hot. If preferred, this pulp may be served almost entirely uncooked. In that case the pulp should be seasoned before it is formed into a cake.

a second-class alluvial nature, fairly well covered with small timber of the birch, poplar and tamarac varieties—plenty good enough for firewood and to make settlers' houses, etc.

Farther north the country was completely barren, but was very rich in game of all kinds, while the waters of the rivers and lakes fairly teemed with fish.

* * *

SOWING CLOVER SEED IN MARCH.

There is always much discussion among farmers in every neighborhood with regard to the time of sowing clover seed. This will probably be discussed more fully this year than usual, on account of the high price of the seed. There is always much diversity of opinion and there are so many farmers. Both young and old, who believe too much in the signs of the moon, and who will not sow their clover seed except when the sign of the crab is in the moon, which, this year, is to be seen the last few days in March, writes Mr. G. H. Payne.

In my opinion and experience it amounts to this. If there is a thaw the seed sticks in the mud and there is no soil gets over it and the seed soon dries up. The time to sow clover seed is in March, when the ground is clear of snow, as we usually sow on wheat ground. If I can get a morning when the ground is frozen just enough to let well cracked and lumpy soil, the seed will drop into these little fissures below the surface.

I choose to sow early in the morning before any thawing occurs, so the seed will bounce and drop into the cracks, which it will not do after thawing begins. If the seed is down below the surface it will be nicely covered by the time the ground thaws out, but if it falls on a muddy surface, it sticks just where it falls and no amount of subsequent freezing and thawing would ever cover it.

Early sown clover seed that is well worked down into the soil and covered deeply by freezing and thawing, will not sprout and come up as soon as that which is lying on or near the surface. The first few warm days will suffice to bring up the shallow seed, while the deep seed will not come up until the weather is warm to stay. The late sown seed that is on the surface will sometimes get killed by a late frost and the early sown seed will come up late enough to miss the cold snap.

Last season I got a fine catch of clover on a field of barley. I sowed the barley and clover with the drill the first week in May, the drill working the seed in well. I expect to try the same thing again this season. The quantity of seed to sow per acre will be harder to decide this year, possibly, than in years when it is not so high priced, but I believe it pays best to sow thickly when the price is high, as a little extra seed will give a few hundred pounds more of hay per acre.

I believe there is enough seed in six pounds to make a good sod if all of them grow, but as the seed and young plants are so small and there are so many accidents liable to happen, I deem it best to sow eight to ten pounds. I prefer the medium red clover and always try to get good seed, and with the best possible conditions.

STRANGE PREDICTIONS

Planetary Professor Foretells Events and Quickly Reads the Lives of People, Though Thousands of Miles Away.

Sends Letters to the Rich and Poor Alike, in Which He Advises Them About Business, Marriage, Speculation, Love Affairs, Wealth, Etc.

Offers Free Readings to All Who Write and Send Date of Birth.

In his office in New York City, surrounded by charts and dials of strange design, Prof. Albert H. Postel studies daily over the lives of men and women who have written him for advice on affairs of business, love, speculation, travel, marriage, health and the important events of life. The following letter gives an idea of Mr. Postel's ability:



MISS EFFA M. TRYON.

Prof. Postel:—Dear Sir—You are certainly the most wonderful astrologer living. Every one of your predictions came true. I consider that you not only saved me from an awful death but prevented the loss of hundreds of dollars. I trust that many people will profit by your advice. Sincerely,
MISS EFFA M. TRYON.

The accuracy of recent predictions made by this eminent Astrologer has caused many of his friends to believe that he possesses a supernatural power, but he modestly asserts that his predictions are due alone to a scientific understanding of the natural laws. The many thankful letters Prof. Postel has received from people who have benefited by his advice furnish ample proof that he is sincere in his work and has a kindly feeling toward humanity.

Readers of this paper can obtain a reading free of charge by addressing a letter to Prof. Postel, Dept. 389, No. 126 West 34th St., New York. Simply say you wish a reading of your life, stating your birth date, sex, and whether married or single. If you wish to do so you may inclose 10 cents (silver or stamps) to pay postage and clerical work; however, the reading will be promptly sent, whether you inclose the 10 cents or not.

A SPRING NEED.

Weak, Tired and Depressed People Need a Tonic to Put the Blood Right.

Spring blood is bad blood. Indoor life during the winter months is responsible for weak, watery, impure blood. You need a tonic to build up the blood in spring just as much as the trees need new sap to give them vitality for the summer. In the spring bad blood shows itself in many ways. In some it breeds pimples and eruptions. In others it may be through occasional headaches, a variable appetite, perhaps twinges of neuralgia or rheumatism, or a lazy feeling in the morning and a desire to avoid exertion. For these spring ailments it is a tonic you need, and the greatest blood-making, health-giving tonic in all the world is Dr. Williams' Pink Pills. Every dose helps to make new, rich, red, health-giving blood, which reaches every nerve and every organ in the body, bringing health, strength and energy to weak, despondent, ailing men and women. Here is proof. Mrs. Geo. Merritt, Sandy Cove, N. S., says: "I was weak, feeling miserable and terribly run down. The doctor whom I consulted said the trouble was anaemia, but he did not help me. A friend advised me to take Dr. Williams' Pink Pills and it is simply impossible for me to overestimate the good they have done me. I shall always recommend them to ailing friends."

But if you want new health you must get the genuine Dr. Williams' Pink Pills for Pale People, manufactured in Canada at Brockville, Ont. Other so-called pink pills are fraudulent imitations. The genuine Dr. Williams' Pink Pills are sold by all reputable medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

WEALTH IN THE FAR NORTH.

Mr. Elisha Stewart Tells of the Mackenzie and Peace River Districts.

Mr. Elisha Stewart, formerly of the Forestry Department of the Interior, spoke before the Canadian Club of Montreal, recently, on the resources of the Mackenzie River District. Few people, he said, appreciated the vast extent of the Mackenzie and Peace River districts. The Mackenzie Valley, for instance, was very much larger than that of the St. Lawrence and the Great Lakes above Montreal, for it drained 451,000 square miles, as compared with 309,960 drained by the eastern river system.

In making an excursion through the country, Mr. Stewart went from Edmonton to Athabasca Landing, thence to the Slave River and Great Slave Lake to the Mackenzie, down which he journeyed for over a thousand miles to Fort Macpherson.

On his way down the Athabasca River he passed the famous burning well at Pelican Rapids, which was drilled some years ago by the Dominion Government in the search for oil. Only asphalt was discovered, until at about 1,800 feet a terrific flow of gas was struck fire, and has been burning ever since, with a fury that can be heard half a mile away. It is still burning, and no effort is being made to prevent this great waste of natural gas.

The current in the Mackenzie River, said Mr. Stewart, was very rapid, and whirled the steamer along at about twelve miles an hour; but real progress was very slow, because nine-tenths of the time the boat was either stranded or hung up to repair holes in its bottom. The heat during the trip was intense, during July the thermometer recording 100 degrees in the shade, with almost continuous sunlight. As a result of this, vegetation and cereals were produced very far north. Going down the Mackenzie, at Fort Providence, on July 15, he saw a field of wheat then fully formed and in the milk, which had been sown on May 20, and on July 28 it was harvested. This extraordinary growth was caused by the long days, extreme heat and continued moisture from the subterranean frost. This was in an altitude of 61.52 degrees, and about six hundred miles north of Edmonton. Vegetation was found a good deal farther north, but no grain.

As to the resources of the district, Mr. Stewart said there were known to be vast deposits of tar and asphalt, which some day might be of very great value, while the existence of oil fields was suspected. The soil was largely of

THREADING A THOUSAND NEEDLES.

A machine which threads 1,000 needles is at work in a Swiss factory. The purpose of the machine is to thread needles that are placed afterwards in a loom for making lace. The device is almost entirely automatic. It takes the needle, carries it along, threads it, ties the knot, cut the thread off a uniform length, then carries it in a rack. The work of threading these needles was formerly done by hand.

VALUABLE MEDICAL PRESCRIPTION

STRONGLY RECOMMENDED BY A WELL KNOWN TORONTO DOCTOR.

The following very valuable prescription will be appreciated by many who are suffering from La Grippe, as it is a certain cure, and will save many a doctor's bill. It is almost a certain preventive as well—"When you feel that you are taking cold or have that chilly feeling or aching in any part of the body or head, go immediately to your druggist and get:

1 Bottle Psychine (pronounced Si-keen).
1 doz. 2 gr. Quinine Capsules.

"Take two teaspoonfuls of Psychine in same quantity of water or sherry before each meal, and before retiring. Take a 2-grain capsule of quinine before going to bed also, followed by a drink of hot lemonade or other good hot drink. Do not be alarmed if you perspire freely—so much the better. The Psychine can be used without the quinine if preferred. Use it until cured. It will give certain relief."

The same doctor says he has found this prescription invariably successful in affording quick and permanent relief in cases of coughs, colds, catarrh, bronchitis and other throat and chest troubles. Mrs. Bean, who has taken this prescription, says:

"I had been suffering from La Grippe. My lungs were weak and I had a cough, but Psychine cured me."

"MRS. H. BEAN
"Cheapside, Ont."

Psychine can be procured from any druggist at 50c and \$1.00. It is a very popular and largely used remedy.

THE BEST PROOF

of the value of the Great-West Policies lies in the constantly increasing demand for them.

The following figures from the report for 1906 speak for themselves:

Policies placed in '06,	\$6,458,880.00
Increase of business in force for '06,	3,708,578.00
SURPLUS TO POLICYHOLDERS,	722,141.89

(In this respect the Great-West was SECOND in Canada.)
(In this respect the Great-West was FIRST in Canada.)

The rate of interest earned on investments was over 7% and the Assets show a margin of more than 22% over Liabilities, thus exceeding all other Companies in the vital matter of Security to Policyholders.

Rates on request.

THE GREAT-WEST LIFE ASSURANCE COMPANY.

Head Office, - - - Winnipeg.

BRANCHES—St. John, Halifax, Montreal, Toronto, Calgary, Vancouver and Grand Forks, N. D.

Ask for a Great-West Calendar. Free on request.

About the House

HOT BREADS.

Delaware Biscuit—One cupful lard, ten cupfuls of flour, one and one-quarter cupfuls of water, one teaspoonful of salt. Rub lard, sifted flour, and salt together and then sift again, add the water and turn out on a board. Pound one thousand and one times, or until it "cracks," when a small piece is pulled off; double the dough over every few minutes, but do not use any more flour. Break off small pieces of dough as large as a small egg, and knead in the hand into a round ball. Prick each three times on top with a three tined fork and bake in a quick oven about twenty minutes. They should be a light brown on top.

Rice Waffles—To two cupfuls of boiled rice add the yolks of three eggs and a quart of milk and enough flour to make a thin batter. Stir in the baking powder and beaten whites just before baking, and bake slowly. Sour milk with soda may be tried instead of sweet, and made with buttermilk they are "dreams of delight."

Rusk for Tea—One cup of lard and a little more of sugar, two eggs, one pint of warm milk, nutmeg, one cup of yeast, flour to make a dough. Mix well and let rise. When making these out after they have risen, use a round pan and make the first row around the outside the largest, each succeeding row smaller, ending with one big rusk in the centre.

Corn Pone—One cup of cornmeal, one cup of flour, one cup sour milk, with a little soda, two tablespoonfuls of sugar, two tablespoonfuls of butter, one tablespoonful of baking powder. Use the fine meal, not the granulated. Put sugar, flour, meal, and butter together, put in the rest, and beat hard. Bake in a breadin about half an hour.

Sweet Potato Rolls—Boil two pounds of potatoes. Pass through a colander. Add two ounces of butter, one pint of milk, a little salt, one gill of yeast, and as much flour as will make a soft dough. Set to rise; when light cut in cakes. Let rise for one hour and bake.

Federal Bread—One and one-half pounds of flour, two eggs, lard the size of a walnut. Put the lard into the flour with a little salt. Add yeast enough to lighten it. Break the eggs in with a little water, make between muffin and common dough. When fermented, grease deep pie plates or jelly tins, and pour it in without stirring. Let rise again a little. Bake slowly. When done, split open and butter, and put the two layers together again. Cut into wedges like pie when serving.

Hester's Muffin Bread—Take half a cake of dry yeast, one teaspoonful of sugar beaten into it, then add this to a pint of milk which has been boiled and cooled, and in which a piece of butter the size of an egg has been melted. Stir all this into one quart of flour, then into that two well beaten eggs. Set to rise for six hours or a little more.

Bake for fifteen or twenty minutes in a hot oven.

INEXPENSIVE MEAT DISHES.

Force Meat Balls—Take any kind of meat or chicken or broth (that used for making soup will answer); chop it fine, season with salt a little chopped parsley, and thyme or a little parsley and fried onion, and a little lemon juice. Break in a raw egg and sprinkle over some flour; roll them in balls the size of a pigeon's egg. Fry or saute them in a little butter, or they may be cooked in a little boiling water, or they may be egg and breadcrumb and fried in boiling lard.

Roast Beef Patties—When you have cold roast beef left over, just put in chopping tray, with gravy and one slice of stale bread, chopped fine; grate a little nutmeg, a pinch of salt, a shake of pepper; add one beaten egg. Make into small patty cakes, dip in flour, and fry to a light brown; garnish with parsley and serve.

Stuffed Beefsteak—Trim nicely and remove the bone of a good sized, tender round steak. Spread it with a dressing of stale bread crumbs soaked in cold water and squeezed dry, one beaten egg, sage, butter, chopped onion, salt and pepper; roll up and tie with a string. Bake for three-quarters of an hour; basting often.

Delicious Breakfast Dish—Boil a large soup bone of beef until the meat is tender, then remove the meat from the bone and chop fine, season with pepper and salt, being careful to discard gristle and small bits of bone. A dash of cayenne and a suspicion of onions if liked. Return the chopped meat to the soup in which it was boiled. Then, when the soup boils again, thicken with corn meal to the consistency of mush. Pour out into a long, deep pan and put away to cool. In the morning turn out the solid cake on to a platter, cut in slices, and fry in butter a light brown. Serve hot. Can be eaten plain or with jelly. This is fine for those who "don't know what to have for breakfast."

Spiced Lamb—Get about five pounds lamb flank; wash and drain well, lay flat on table or board, sprinkle with salt, pepper and ground cloves; roll tight and tie well with twine. Boil about half an hour, put in dish, and set to cool. When cold you can slice better. This will be found tasty as well as inexpensive, as you can buy lamb flanks for 5 or 6 cents a pound.

HOUSEHOLD HINTS.

To make cakes brown better and obviate the necessity of lining the tins with paper, sift a little flour over them after they are all well greased.

When washing saten or any cotton material with a satin finish, use a little borax in the last rinsing water. The material then will have a gloss when ironed.

A disinfectant to use in a sick room or in any room where a close, musty, or severe odor is noticed, is to put ground coffee on a shovel, with a bit of camphor gum in the centre of it. Light the gum, which is nonexplosive and easily ignited, and allow the coffee to burn with it. A refreshing and sanitary perfume is the result.

Milk that has curdled and smells sour may be used in the proportion of half pure and half sour in small or large

Grippe or Influenza, whichever you like to call it, is one of the most weakening diseases known.


Scott's Emulsion, which is Cod Liver Oil and Hypophosphites in easily digested form, is the greatest strength-builder known to medical science.

It is so easily digested that it sinks into the system, making new blood and new fat, and strengthening nerves and muscles.

Use **Scott's Emulsion** after Influenza.

Invaluable for Coughs and Colic.

ALL DRUGGISTS; 50c. AND \$1.00.



To Exterminate Ants.—The surest way is to find the nest and destroy it. Place some grains of coarse granulated sugar where it will be found easily by the ants and then watch each loaded body as it scampers over the line of march to the nest. Often the track ends at a wall, especially if the house be old, and it may be necessary to cut away a portion of the surface before the nest can be reached. At other times the little fellows make straight for out of doors with a wisdom one only can marvel at. Then if followed they will be seen to enter a hole in the ground. This is the nest. When the nest is in the house, saturate it thoroughly with kerosene, or with boiling water, doing the work quickly, for the spry little mites will hurry to get away from the death dealing fluid. Any portion of the wall or of the flooring that has been removed in order to reach the nest can be replaced when the work is accomplished.

PHYSIOLOGICAL SENTIMENT.

"Why did Blinkers ever go to India?"
"Because he lost his heart."
"Did he find it there?"
"I don't know about his heart, but I bet he did his liver."