

GOOD DIGESTION A SOURCE OF HEALTH

When the Stomach is Out of Order the Whole System Suffers.

Indigestion is one of the most distressing maladies afflicting mankind. When the stomach is unable to perform the work nature calls for, the result is severe pains after eating, nausea, heartburn, fluttering of the heart, sick headache, and often a loathing for food, though the sufferer is really half starved. People with poor digestion, too, frequently try all sorts of experiments to aid the process of digestion, but there is only one way in which the trouble can actually be cured, that is through the blood. That is why the tonic treatment with Dr. Williams' Pink Pills cures even the most obstinate cases of indigestion. They make rich, red blood that strengthens the stomach and the nerves, thus enabling it to do its work. The process is simple, but the result means good appetite and increased health and pleasure in life. In proof of these statements, Mrs. Albert Hall, Sonya, Ont., says: "I have used Dr. Williams' Pink Pills with wonderful results. For two years I was a great sufferer from indigestion, which almost made me a physical wreck. At times my sufferings were so great that I was unable to attend to my household duties. I had smothering spells at times and was afraid to lie down to rest. After every meal, no matter how sparingly I ate, I suffered great distress. I tried several doctors but their medicine was of no avail. I saw Dr. Williams' Pink Pills advertised to cure this trouble and decided to try them. I had not been taking them long when I felt somewhat improved. This improvement continued and after taking ten boxes I could eat and digest all kinds of food and felt better than I had done for years. You may be sure I am very grateful for the wonderful relief these pills have given me. I know they are also a cure for anemic sufferers, as an intimate friend of mine was badly affected with this trouble and after taking several boxes she was entirely cured."

You can get these pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A WONDERFUL CLOCK.

Timepiece Tells Movable Feast Days of the Catholic Church.

The clock in Strassburg Cathedral is one of the most wonderful of its kind. It was first made in 1574, and went through various phases till it was remade in 1842, and since that date has been in perfect working order. This clock not only tells the time of day, but the month and day of the month, and all the movable feast days of the Catholic Church, says London Tit-Bits. A statue of Apollo points out the day of the month and the name of the saint corresponding to that day. The clock shows the rising and setting of the moon round the earth, its passages over the meridian, the phases of the moon, and the eclipses of both sun and moon. Allegorical figures in chariots representing the days of the week drive into view, appearing each day in proper order: On Sunday, Apollo; Monday, Diana; Tuesday, Mars; Wednesday, Jupiter, armed with a thunderbolt; Thursday, Thor; Friday, Venus; and Saturday, Saturn. At a quarter past the hour a child comes forward and strikes a bell once; at half past a youth strikes the bell twice; at a quarter to the hour a middle-aged man strikes it three times; and just before the hour a tottering old man strikes the bell four times. Then a figure of death steps forward and solemnly strikes the hour.

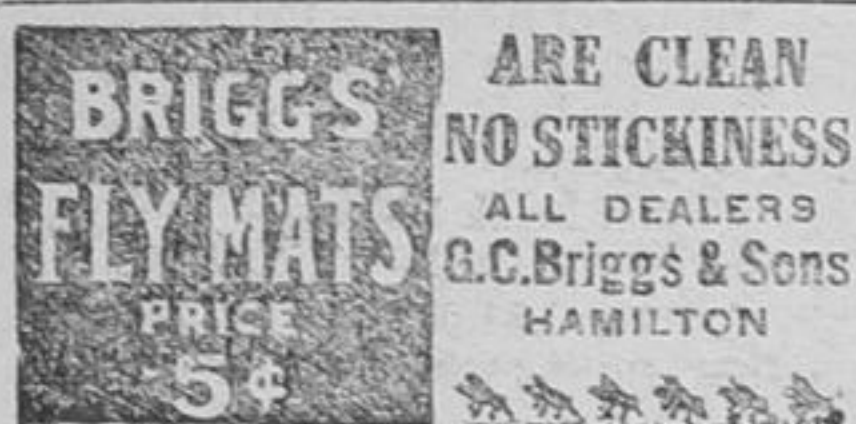
On the stroke of twelve the twelve Apostles appear, each one bowing as he passes the figure of Christ, who stands with hands uplifted in blessing; and as the procession passes, a cock which stands on the top of the clock at the left side crows three times in a very life-like manner and flaps its wings.

No man is ever so important or unimportant as he thinks.

Three hundred men constitute the Army of Luxemburg.

One way to make friends—keep your advice to yourself.

The supply of common sense never exceeds the demand.



About the House

Useful Hints and General Information for the Busy Housewife

Some Dainty Dishes.

When making pickles, remember that the very best white wine vinegar should be used, and that they should be made in an agate saucepan that is quite free from cracks or blemishes. When made, they must be put up as carefully as jelly in sterilized jars and kept tightly sealed. The jars should not be quite filled with the vegetables, but should have the liquid covering them for at least an inch in depth. The surplus vinegar is good for flavoring minces, hashes and gravies, if used very, very sparingly.

Now for the recipes:
Pickled Onions.—One quart of small white onions. Remove the outer skin and place in a pan of boiling water. Cook until they look clear, then remove, drain and dry. When cold place in jars and cover with the following mixture: One quart of wine vinegar, one ounce of white pepper, one dessertspoonful of salt. Make hot. Pour over the onions. Seal when cold. The onions must be peeled with a silver knife. A steel knife causes them to blacken. If peeled in a basin of water it will save the eyes.

Lemon Pickle.—Wipe six lemons, cut each into eight pieces. Add one pound of salt, six cloves of garlic, two ounces of horseradish; crush one-quarter ounce of cloves, one-quarter ounce of nutmeg, one-quarter ounce of mace, one-quarter ounce of cayenne pepper, and two ounces of dry mustard. Into these stir two quarts of vinegar. Pour all into a strong fireproof jar, stand it in a saucepan of boiling water and boil for a quarter of an hour. Set the jar away and stir with a wooden spoon every day for six weeks. At the end of this time put it into small bottles and tie down tightly.

Pickled Beets.—To each gallon of vinegar, two ounces of allspice, two ounces of whole pepper. The beets must be carefully cleansed without breaking the outer skin. Lay them carefully into a pot of boiling water, let them cook gently for about one and a half hours, drain them, and when cold, peel and slice neatly. Put into a dry jar. Let the vinegar boil up for a minute, then stand to become perfectly cool before it is poured over the beets. Seal well. The beets will be ready for use in about a week.

Pickled Red Cabbage.—Slice the cabbage finely and place it in a colander; sprinkle each layer with coarse salt. Let the strips drain for two days, then put in a jar and cover with boiling vinegar. If a spice is used, it must be put in with the vinegar in the proportion of one ounce of whole black pepper and one-half ounce of allspice to the quart.

Pickled Gherkins.—Brine to put on the gherkins: to each quart of water take six ounces of salt. Strip the gherkins of the blossoms, put them in a stone jar and cover with boiling brine. After 24 hours take them out, wipe each one carefully and place in a clean jar with half a dozen bay leaves. Pour over them a pickle made as follows: To every quart of vinegar allow three blades of mace, two tablespoonfuls of bruised ginger, half ounce of black pepper, half ounce of allspice, four cloves, a small quantity of tarragon, if liked, may be added to the pickle. When boiling fast, pour the pickle over the gherkins, cover the jar with a small plate for two days, when the pickle must be drained off and boiled up again. At boiling point the gherkins must be thrown in for two minutes and then placed back in the jar. Seal tightly.

Pickled Mushrooms.—Young butter mushrooms only should be used. Cut off the stalks from a quart of mushrooms, cleansing the skin with a piece of new white flannel dipped in salt. Place them in a deep stewpan and sprinkle over them two teaspoonfuls of salt, one half ounce of whole white pepper and two blades of crushed mace. Shake them over a bright fire until the natural liquor has been drawn out and has dried up again. Then pour over them as much cold vinegar as will cover them; let it come to the boil for one minute and no more. Pour them into a clean, dry jar and seal.

Pickled Walnuts (Another Recipe).—One hundred walnuts gathered while young enough for a pin to prick them easily. Brine sufficient to cover them, in the proportion of six ounces of salt to one quart of water. Pickle of a full half gallon of vinegar, one teaspoonful of salt, two ounces of whole black pepper, three ounces of crushed ginger, three ounces of crushed mace, one-half ounce of cloves stuck into three small onions, two ounces of mustard seed. Boil up the brine and remove the scum, and when cold pour over the walnuts, stirring them night and morning; change the brine every three days, removing

them in nine days. Spread the walnuts on dishes and let them remain in the air until black (about twelve hours). Boil the pickle for a minute, have the walnuts ready in jars, and pour it on them when boiling. When quite cold seal and store in a dry place.

Pickle of Small Vegetables.—Take young cauliflowers, cut into small pieces, nasturtium pods, string beans, or young runner beans, and lay them in a stone jar, pouring over them a boiling brine composed of six ounces of salt to a quart of water. The next day drain them off, shake gently in a clean cloth and put them in a dry jar. Pour over them the following pickle, which must have come to the boil and have remained boiling for one minute: To each quart of vinegar put one ounce of black pepper, one ounce of crushed ginger, one ounce of shallots, one ounce of salt, one ounce of allspice and a pinch of cayenne. Cover the jar for two days, drain off the liquor, boil it up and throw in the young vegetables for a minute. Replace them in a jar and cover tightly.

Things Worth Remembering.

When dusting have the duster slightly damp and finish off with a dry one.

Always rinse black stockings in blue water, and they will keep a good color.

When turning hems in napkins, rub well with soap, and then you will have no trouble to hem them.

When using a double thread draw it over a piece of laundry soap and you will never have a snarl.

Paste some soft blotting paper on the bottom of flower bowls and they will not mar polished surfaces.

If the brass polish gives out do not worry, but instead go to work at the brass with lemon juice.

To keep meringue from falling, beat a saltspoonful of baking powder into it just before putting it on the pie.

Before squeezing the juice from the lemons put them in a hot oven for a minute. You will get twice as much juice.

To clean linen blinds rub them with a clean cloth dipped in oatmeal, changing the oatmeal as it gets dirty.

When enclosing stamps do not stick one corner to the letter. Put them in loose. They can't get out of a sealed envelope.

To shade an electric light in a sick room make a little bag of thin green silk with a draw string large enough to slip over the bulb.

Take a catsup bottle with a top that will screw on. Then hammer small holes in the top. This will make a nice clothes sprinkler.

To remove odors of onions or fish from cooking utensils, boil a little vinegar in the utensils after they have been washed.

A coating of thick castor oil applied with a soft flannel cloth to tan shoes whose color is too vivid will tone them down considerably.

Paper bags which accumulate from the grocery store are very useful to slip over jars and various other articles to protect them from dust and flies.

Mud spots may be readily removed from dress skirts, trousers, rubber coats, or from children's clothing by rubbing the spots well with sliced raw potato.

Strong ammonia water is excellent for removing iodine stains, and blueberry stains may be removed by washing at once with cold water and white soap.

To get longer service from scrim or muslin curtains, hem both ends alike, and this permits you to reverse them when rehanging each time after being washed.

To prevent damp and rust attacking the wires of the piano tack a small bag of unslaked lime inside the instrument just underneath the cover. This will absorb all the moisture.

Pin the sheets at the foot of the bed together with several safety pins. They will not pull up, and this will add to the comfort of the night's sleep. This hint is all right—except for a tall man.

If the hems of each pair of stockings are pinned together with a small safety pin when they are washed it will save time and trouble of sorting; also they can be hung on the line more quickly.

To destroy flies in the summer simmer together one pint of milk and a pound of brown sugar and 2 ounces of pepper. Then place the mixture around in saucers. It is instant death to flies, and is harmless.

If you would have your summer supply of white silk stockings remain white, always see to it that they are dried in the shade and washed in lukewarm water, as heat turns them yellow.

To obtain a true bias—place the ma-

O A C

THE ONTARIO AGRICULTURAL COLLEGE GUELPH.

Young Man— If you can't go to War Go to College

LEARN to increase your earning capacity on the farm.
LEARN business methods.
LEARN how to produce better crops and better stock.
LEARN to grow good fruit, better poultry and the best of everything.

September to April at the College
April to September at Home.

Public school education is sufficient for admission.

College Opens September 19

Write for calendar giving particulars.

G. C. CREELMAN, B.S.A., LL.D.
President.

ferial flat on the cutting table and with a ruler or yard stick laid across one corner draw a line with chalk or colored pencil. Use this line for a guide in cutting.

To remove a stain made by lemonade and root beer, from a changeable taffeta dress. Wet the spot with a mixture of equal parts of alcohol and ammonia. Afterward sponge gently with alcohol until the stain is removed.

To remove sunburn, dissolve one tablespoonful of epsom salts in one pint of warm water and wash the afflicted skin in this mixture. Rinse in clear water of the same temperature, then bathe freely in glycerine diluted with warm water.

To whiten handkerchiefs, fine waists and other lingerie, wash and dry in the usual manner, then to one pint of cold water add two tablespoonfuls of granulated sugar, stirring until thoroughly dissolved. Let handkerchiefs, etc., soak in the water one-half hour. Dry in the open air.

His Chance

When doctors disagree
About their dope,
A patient's apt to see
A ray of hope.

A miser is a great lover of generosity in everybody except himself.

TO KEEP FROM DROWNING.

Breathe in Through Mouth and Exhale Through Nose.

There is more danger of drowning in not knowing how to breathe than there is in not knowing how to swim. This may sound strange, but many cases have been known where persons provided with good life preservers have drowned merely because they had their mouth open at the wrong time and the water, dashing into the mouth, caused suffocation. To merely keep afloat, lie perfectly flat on the water, with the back of the head well submerged. Do not strike a tense, rigid position, but lie easy and relaxed, and breathe in through the mouth, and exhale through the nose. Fill the lungs to their fullest capacity by breathing in through the mouth, submerge the head entirely and then exhale slowly and steadily. The body will rise to the surface of its own accord.

Ignoring the Bride.

"Fine way for one girl to speak of another girl's wedding."
"How's that?"
"She says the church looked lovely."



THE EASIEST WAY TO SEAL PRESERVES

Is the best way, and the best way is the Parowax way. Jellies and preserves that are sealed with

Parowax

PURE REFINED PARAFFINE

keep their luscious flavor. They never mold or ferment. They are as good when you want to eat them as they were the day you sealed the jars.

Just pour melted Parowax over the tops of jelly tumblers. It keeps out all dust and germs. It keeps the preserves air-tight.

FOR THE LAUNDRY—See directions on Parowax labels for its use in valuable service in washing.

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