

## When Hamburg Is Delicious

**Mexican Hamburg**  
Break 1 pound of hamburger steak in a loose mass and in half lard and half butter fry it until it is done. Add a small can of tomatoes and 1 can of red kidney beans, bring all to a boil and add 1 tablespoonful of chili powder that has been mixed to a paste with a little cold water. Simmer slowly until thoroughly heated through and serve with hot boiled rice.

**Hamburg Roast**  
To 2 pounds of fresh hamburger steak add 1 egg slightly beaten, 2 slices of fat salt pork chopped fine, 1 cupful of soft bread crumbs and 1 1/2 teaspoonfuls of salt. Form into a loaf, lay it in a baking pan and sprinkle it with pepper. Over the top lay 4 long pieces of bacon so they extend down the sides as well as across the loaf, then dredge the meat generously with flour, letting what will fall into the pan. Roast it in a hot oven until the meat is cooked as best liked, basting after the first 10 minutes with 1/4 of a cupful of hot water and thereafter, at frequent intervals, with the liquid in the pan. A rare roast requires about 40 minutes. The pancake turner is a help in removing the loaf from the pan to a hot platter.

For the gravy, add sufficient boiling water to the liquid in the pan to make 1 cupful and dissolve in it a beef cube. Melt in the pan 2 tablespoonfuls of butter, then add 2 tablespoonfuls of flour and stir this until it is well browned and bubbling. Slowly add the cupful of hot liquid, stirring constantly, until the gravy is smooth and well cooked. Strain it if preferred, and pour it around the roast or serve it from the gravy boat. Leftover roast is good broken into pieces and simmered with a little water and gravy until it is of the desired consistency, then poured over hot buttered toast.

**Hamburg Loaf**  
Use the same amounts and directions as given in the preceding recipe, except add to the loaf: 1 cupful more of bread crumbs, 1 teaspoonful of poultry seasoning or sage, and 1 small onion chopped. If no brown gravy is desired, omit the dredging with flour. Gravy, however, is always liked with hot hamburger.

For a variation, occasionally conceal a row of hard-boiled eggs in the centre of the loaf, so the meat, when cut, will contain a slice of egg in each piece. Small onions, boiled until they are nearly done, may be used in the same way. A shell of the hamburger with boiled rice inside is good, too, especially if it is to be served hot with plenty of rich gravy.

Leftover hamburger loaf may be served hot by cutting it into neat slices and dipping each slice into diluted egg, then into bread crumbs and frying it to a golden brown on each side. Serve it on a hot platter garnished with parsley.

**Hamburg Chop Suey**  
Over 1 1/2 pounds of hamburger pour 1/2 of a cupful of water and cook slowly for 25 minutes. In the meantime, fry in beef drippings 3 small sliced onions until they are nicely browned, then add a sweet pepper, cut into small pieces after the seeds have been removed, a large stalk of celery sliced and a small can of tomatoes. Simmer slowly for 20 minutes, the combine with the meat and cook about 10 minutes longer. Season to taste with salt or chop suey sauce and serve with boiled rice. Canned mushrooms or bean sprouts may also be added if desired.

## The Abolition of the Submarine

London Times (Ind.): The submarine, in fact, has become the weapon of the poorer Powers. And in any self-defending ordinance proposals for abolition obviously come best from those countries which have most to lose by their application. Great Britain, at the time when she made her original proposal, had the finest equipment of submarines in the world; but now she would probably have more to gain than to lose by their total abolition. And this consideration applies more forcibly still to the United States.

**Yum Yum.**  
Angry Customer (tossing a package on the counter)—"Makes washing a pleasure, does it? Does the washing while you wait, does it? It's the little flakes of soap that—"  
Grocer—"Madam, one moment, if you please. This is not soap."  
Angry Customer—"Not Soap? Not soap?"  
"No. Your daughter asked for a half-pound of grated cheese and a half-pound of soap flakes. This is the cheese."  
"My stars! And last night I made a pudding—"  
**Perpetual Motion.**  
An old, old man one day met a young, young woman. Each was attracted by the oddity of the other's employment.  
"What on earth are you doing?" asked the young, young woman.  
"I'm trying to lift myself over this fence by my bootstraps," replied the old, old man. "I've been trying for years to accomplish it and I'm almost discouraged. Now, what, if you don't mind, are you doing?"  
"I'm trying to drape my skirt so as to cover my knees," said the young, young woman.  
"Shket!" said the old, old man, extending his hand. "Your job's harder than mine."

If you use Red Rose Orange Pekoe Tea in 1928 you will enjoy Canada's finest tea and materially reduce your tea bills. Red Rose Orange Pekoe lasts longer because its additional strength and flavor make it go further. Every package guaranteed.

## Balfour Cancels All Engagements

Daily Express Says British Statesman Suffers From Heart Trouble

NOTABLE CAREER  
Earl is Also Known for Publications on Philosophy and Theology

London.—The Daily Express says that Lord Balfour, Lord President of the Council, former Prime Minister and one of the outstanding British statesmen of the present generation, is suffering from heart trouble and has cancelled all his engagements. He has been ill for some time. In January he suffered a severe attack of laryngitis.

Arthur James Balfour, first Earl of that title, and Viscount Traprain of Whittingham, has been prominent in British governmental affairs for more than 40 years.

Starting as private secretary to the Marquis of Salisbury when that peer was Foreign Minister in 1878, Balfour went ahead steadily and became Unionist Leader of the House of Commons and First Lord of the Treasury in 1891. He was Prime Minister 1902-1905. During the World War he was First Lord of the Admiralty up to 1916 and Foreign Secretary until 1919. He headed the British mission to America in 1917 and also the British mission to the Washington conference in 1921.

His publications have touched not only the political and economic questions with which he has dealt as a government official, but also have gone into the realm of philosophy and theology.

One of his outstanding works was "The Foundations of Belief, being Notes Introductory to the Study of Theology." This was issued in 1895 and was put in popular form in 1901. He holds honorary degrees from all the principal universities of Great Britain and Ireland, and also an LL.D. granted by Columbia University in 1917.

There is no limit to purchasing ability if only the right machinery is put into the hands of labor to produce the right goods, for, let it again be said, labor consumes what labor produces."

## The BABY



Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and keep them up at the night?

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of castor oil does so much good.

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic, or constipation, or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times, a few drops of Fletcher's Castoria.

The doctor often tells you to do just that; and always says Fletcher's. Other preparations may be just as pure, just as free from dangerous drugs, but why experiment? Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold!

## Children Cry for Fletcher's CASTORIA

ISSUE No. 14-24

## Napoleonic Soldier's Kin Seek Office as Deputies

The days when Napoleon was the object of hero worship are recalled by the candidacy for seats in the next Chamber of Deputies of two men of the name of Chauvin. Both are said to be descendants of the soldier of the "Grande Armee" Nicholas Chauvin, whose ardent affection for the Emperor made his name a symbol for all that is patriotic to an excessive degree.

## NO BETTER MEDICINE FOR LITTLE ONES

Is What Thousands of Mothers Say of Baby's Own Tablets

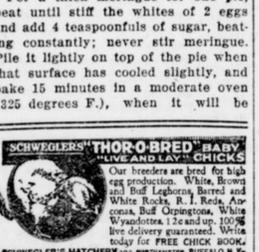
With the passing of winter many people feel weak, depressed and easily tired. The body lacks the vital force and energy pure blood alone can give. In a word, while not exactly sick, the indoor life of winter has left its mark upon them. A blood-purifying, nerve-restoring tonic is needed to give renewed health and energy. Dr. Williams' Pink Pills are an all-year-round blood purifier and nerve tonic, but are especially useful in the spring. Every dose helps to make new, rich, red blood and with this new blood returning strength, cheerfulness and good health quickly follow.

If you are pale, easily tired, or breathless at the least exertion, if your complexion is poor or you are troubled with pimples or eruptions, Dr. Williams' Pink Pills are just what you need to put you right. If you have twinges of rheumatism, are subject to headaches and backaches, if you are irritable and nervous, if your sleep does not refresh you, or your appetite is poor, you need the treatment Dr. Williams' Pink Pills alone can give—you need the new blood, new strength and new energy this medicine always brings. Mr. A. Marcotte, North Ham, Que., writes:—"I have found great benefit from the use of Dr. Williams' Pink Pills. Before I began using them I was in a badly run-down condition, and at times, felt scarcely able to work. Dr. Williams' Pink Pills have changed all this and since taking them I am enjoying the best of health. Every man who feels run-down and easily tired should give this great medicine a fair trial."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, indigestion or nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## For a Coconut Caramel Pie

**Meringue.**  
In a frying pan, caramelize 1/2 cupful of sugar, being careful not to burn it. The sugar will form a ball, when stirred, and do other odd things that mystify the amateur, but it is all right; keep on stirring until there is a liquid almost ready to burn, then pour in, very slowly, 2 cupfuls scalded milk. With the addition of the liquid the mixture will suddenly rise in steam, so be ready for it. When the milk is hot, turn off the fire. Sift together 1 1/2 cupfuls of sugar, 3 tablespoonfuls of flour and 1/8 teaspoonful of salt. Mix it to a smooth paste with some of the hot milk, then turn it back into the rest of the milk and cook it over hot water, stirring constantly until the mixture is thick and smooth. Pour it over the well-beaten yolks of 4 eggs, cook a minute, then add 1 teaspoonful of vanilla and 1 cupful of grated coconut. Pour it into a baked pie shell, add meringue and brown as usual.  
For a thick meringue for one pie, beat until stiff the whites of 2 eggs and add 4 teaspoonfuls of sugar, beating constantly; never stir meringue. Pipe it lightly on top of the pie when that surface has cooled slightly, and bake 15 minutes in a moderate oven (325 degrees F.), when it will be



## Kidney Disease Doesn't Warn

It strikes—when least expected—Ward it off in time with Warner's Safe Kidney and Liver Remedy

At forty and after is the critical time for men. If you slow down you let younger men, blooming with health, step up ahead. They take the promotion, the big money—you take their orders. Health—a clear, bright, sound body—that's what you need in business. Gently stir up your liver and kidneys to do their proper work with Warner's Safe Kidney and Liver Compound. This safe, herbal remedy with the pleasant taste has been famous for more than 40 years. Originally a doctor's prescription, it is doing untold good. Save your health, man. Any druggist will sell you a bottle of Warner's Safe Kidney and Liver Remedy at small cost. But get it—there's the only way to enjoy its benefits. Warner's Safe Remedies Co., Toronto, Ont.

## Warner's Safe Kidney and Liver Remedy

## Concerning the Nature of Rewards

Pauline Herr Thomas

"Will someone please tell me why it is that the things that are least healthful or beneficial for our children are generally the things they want the most?" demanded Mrs. Johns, the other mothers over the teacups.

"Well," said Mrs. Moore, "perhaps it's just human nature to want what we can't have."

"Oh, it's just perverseness, that's all," said Mrs. Hunt, rather heatedly. "They know they can tantalize. Billy is always tormenting me for something he couldn't have."

"You know," said Mrs. Sheldon, thoughtfully, "I believe that this very thing which is so commonly characteristic of our children—to say nothing of ourselves—is our own fault to a great extent."

"I can't see that," said Mrs. Hunt. "Aren't we always trying to instill knowledge of what is best and what is not? Unless you mean it is our constant talking about the forbidden thing that keeps them reminded of it."

"Yes, that is obvious," said Mrs. Sheldon, "but I think there is another reason which escapes most of us. We say to Mary, 'Now if you eat that soup, you may have this cake,' or to Billy, 'If you don't go to bed this minute, you may not stay up late Saturday evening.' By such tactics we give to the less healthful cake or the less beneficial late hours the role of reward. It comes at once the coveted thing."

"Oh, yes," answered Mrs. Hunt, "but what good will it do to say to Mary, 'If you eat your soup, you may have this cake,' or to Billy, 'If you don't go to bed this minute, you may not stay up late Saturday evening.' By such tactics we give to the less healthful cake or the less beneficial late hours the role of reward. It comes at once the coveted thing."

Some experts add flavoring to their meringues. Others mix with the sugar 1/2 of a teaspoonful of baking powder, and still others add 1/2 of a teaspoonful of cornstarch instead; the baking powder insures a rising of the mixture, and the cornstarch, its staying-up.

## A TIRED FEELING IN SPRINGTIME

Not Sick, But Not Up to the Mark—You Need the Help of That Sterling Tonic, Dr. Williams' Pink Pills—They Give New Vitality.

A medicine for the baby or growing child—one that the mother can feel assured is absolutely safe as well as efficient—is found in Baby's Own Tablets. The Tablets are praised by thousands of mothers throughout the country. These mothers have found by actual experience that there is no other medicine for little ones to equal them. Once a mother has used them for her children she will use nothing else. Concerning them Mrs. Charles Hutt, Tancock Island, N.S., writes:—"I have ten children, the baby being just six months old. I have used Baby's Own Tablets for them for the past 20 years and can truthfully say that I know of no better medicine for little ones. I always keep a box of the Tablets in the house and would advise all other mothers to do so."

Baby's Own Tablets are sold by all medicine dealers or will be mailed upon receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont.

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Paris Traffic Injuries 340 Policemen in Year  
Paris.—A Paris traffic policeman is no risk for the accident insurance companies at all. According to a recent statement of M. Sarraut, Minister of the Interior, the maelstrom of dashing taxis, automobiles and cyclists in the French capital places 340 of M. Crappe's traffic regulators on the injured list during the last year. And vehicles are increasing monthly. Another indication that Paris policemen are no more to be envied than those of New York is given with the report that 587 policemen were wounded trying to maintain peace and order and four were killed.

A chain of American hotels is now placing in every guest-room a 500-page volume of familiar poems. Including it is assumed, the clerk's favorite, "Charge, Chester, charge!"

Where the Shoe Pinched.  
The Strong Man from Norway was booked on the Orpheum Circuit. His specialty was breaking paving stones with a sledge-hammer on his wife's head. It was a wow, as we used to say in the old country. Suddenly his bookings were switched. They put him on the small time, where he had to do four and five shows a day.

He did it for several weeks, then canceled his contract. "What's the matter?" they asked him. "Is your wife getting headaches?"  
"Oh, no, it isn't that," apologized the Strong Man, "but I'm afraid she's getting fallen arches."

Television across the ocean is the latest achievement. Mayor Thompson can keep an eye on King George's activities.

## Corrugated Iron

WHEELER & BAIN  
"Council Standard"  
A thick, even, heavy spread of galvanizing over every inch of surface. Deep corrugations. Agencies still open in some localities.  
Write us, stating size of barn you want to cover.  
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# RED ROSE TEA

Red Rose Orange Pekoe  
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In clean, bright Aluminum

Stamp Worth \$32,500  
Included in Display  
Of Prize Collection

New York.—Rare postage stamps, valued at more than \$1,000,000, have just been exhibited here by Arthur Hind, of Ica, N.Y. The collection received the grand prize at the recent international philatelic exhibition in Monaco.

Unusual stamps from the Cape of Good Hope, India, Mauritius, Spain, France, Hawaii, New South Wales, Tuscany and Rumania are included in the collection. One of the notable specimens is the British Guiana one-cent stamp of 1856, which is valued at \$32,500.

The collection includes what was said to be the finest group of United States provisional issues, put out by several postmasters prior to the first Government issue in 1847.

Use Minard's Liniment for Corns.

## The Peacemaker

Brisbane Courier: It would be the greatest tragedy of all history if the British Navy were weakened at the instance of those dreamers who imagine that the League could save us in the day of international upheaval. So long as the world is at peace the League may do very effective work as a philosophy; when some bellicose nation decides upon resorting to war as a final arbiter the League is useless, and depends wholly for its success upon the half dozen great Powers of the world that can use enough influence to preserve peace. That is the role that Britain has played for years.

"Long To Be Remembered" is Right.

Mrs. Frank Tappen entertained the Women's Air Society of the Second Reformed Church, Hackensack, at Colonial silver tea. This affair will long be remembered by the members and privileged guests as the outstanding social event of the season.

"Miss Betty Wallo, no costume, displayed considerable talent in her piano selections and songs."—The Bergen Record.

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Grade Holstein Heifers  
Client wants to purchase now fifty grade heifers due to freshen in Autumn. What have you to offer and what is your price.  
R. E. GUNN  
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## Clear The Pores Of Impurities With Cuticura Soap

Soap, Ointment, Talcum sold everywhere.



Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 60 years among physicians everywhere. One spoonful will neutralize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain

## Classified Advertisements

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AGRICULTURAL EXPERTS SAY, farming opportunities offered here unsurpassed anywhere. Another fact, cheapest good farms on earth still here. Burley's free bargain catalog ready. Burley Co. Limited, St. John, N.B.

FLOWERS  
GLADIOLUS, DAHLIA AND OTHER flowers. Gladioli fifty. Dahlias 6, or roses 3, delivered \$2.00. Catalog free. J. & O. Lodi, Toronto, B.C.

POULTRY  
QUALITY STOCK. LEGHORN, Wyandotte, Red Baby Chicks, \$15.00 per 100 and up. Hatching eggs, \$3.00 per 100 and up. Pedigreed Cockerels, \$4.00 each, and up. 24 Page Illustrated Catalogue Free. L. R. Guild & Sons, Box 2, Rockwood, Ont.

BABY CHICKS—WE HATCH FOUR varieties of Baby Chicks. Write for free catalogue. Price 10c and up. A. H. Switzer, Granton, Ont.

## MOVING AND STORAGE

HILL, THE MOVER—PIONEER DISCOUNTERS of Canada. Largest speedily padded vans. New Equipment, latest methods. Two experienced men every trip. All loads insured. Beyond compare for skill and care. Before you move, write us or wire and reverse the charges. Head office Hamilton, Ontario, Canada. Hill the Mover.

An Englishman named Spender is studying American newspaper methods. It's a game in which a spender can learn a lot in a short time.

## Warts.

Daily application of Minard's will dry up warts. Also excellent for callouses, corns and bunions.



## OPERATION LEFT HER VERY WEAK

Letter Tells of Wonderful Relief After Taking Lydia E. Pinkham's Vegetable Compound

Coniston, Ontario.—"After a severe operation and a three weeks' stay in a hospital I returned home so weak that I was unable to move in a chair. For four months I was almost frantic with pains and suffering until I thought sure there would not be any help for me. I had very severe pains in my left side and suffered agony every month. One day when I was not able to get up my mother begged me to try your medicine. My husband got me a bottle of Vegetable Compound and once and I took it. I started a second bottle, and to my surprise and joy the pains in my side left me completely and I am able to do all my work without help. I am a farmer's wife, so you see I can't be idle long. In all, I have taken six bottles of Lydia E. Pinkham's Vegetable Compound, five boxes of the Compound Tablets, two bottles of Lydia E. Pinkham's Blood Medicine, and have also used the Sensitive Wash."—Mrs. L. LAJUNESS, Box 103, Coniston, Ontario.



# Sour Stomach

departs. You are happy again in five minutes.  
Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.  
Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 60 years in correcting excess acids. Each bottle contains full directions—any druggist.

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All sizes and all prices  
MRS. A. B. NICHOL  
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A Fine Walkerton lawyer and former Varney has elected Reeve of Walkerton by 82 majority.

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