



SEAL BRAND COFFEE

Coffee—that will make your household happy; your guests grateful; yourself enthusiastic.

In 1/2, 1 and 2 pound cans. Whole—ground—pulverized—also Fine Ground for Percolators.

CHASE & SANBORN, MONTREAL.

SAYS ACID STOMACH CAUSES INDIGESTION

Excess of hydrochloric acid sours the food and forms gases.

Undigested food delayed in the stomach decays, or rather, ferments the same as food left in the open air, says a noted authority.

He also tells us that indigestion is caused by Hyper-acidity, meaning, there is an excess of hydrochloric acid in the stomach which prevents complete digestion and starts food fermentation.

WHEN considering the erection of a Memorial, the form it should take is not always easy to decide.

Stained Glass Windows are in Universal Favour as Memorials

Robert McCausland Limited, 141-143 Spadina Avenue, Toronto.

A few of the many Bargains offered at the

UNIQUE GROCERY

- Good Tea, black and green .30c lb. Sweet Biscuits .3 lbs. 25c Maple Flavour Syrup, per qt. .30c

PICKERING'S, 490 Princess Street, Phone 530.

Bulk Oysters

Dominion Fish Co. PHONE 499.

Time isn't always money to the man who does a credit business. A gratuitous falsehood is one that gives itself away.

Sleepytime Tales

SMUTTY RIDES A BICYCLE.

Once upon a time Ned, you remember, was given a dog named Smutty, which he had started to teach a lot of tricks.

He always liked to teach Smutty to go with him on these trips, and many times, while Ned was learning to ride, they went on long trips.

As Ned learned, however, he began to ride faster, and many times poor Smutty could hardly keep up with his master.

One day Ned thought he would try to teach Smutty to ride with him, so he took the dog and placed him on the handle bars, with his hind feet on the front of the saddle.

It soon became a common sight in the village to see Ned and Smutty going to ride, and they became known for miles around.

Best of all Smutty likes to jump up in his place and rush off with Ned on the saddle behind him, and barking with delight as he hangs on and balances himself just like an acrobat in a circus.

"Low Cost of Living" Menu

Menu for Friday

- BREAKFAST Orange Juice Boiled Cod Potatoes Fried Oatmeal Coffee LUNCHEON Dutch Salmon Salad Graham Bread Pickles Boiled Rice Tea DINNER Salmon Soup Cod Scallops with Oysters Mashed Potatoes New Asparagus Plain Lettuce Lemon Pie

BREAKFAST

Fried Oatmeal—Boil thirty minutes one cup of rolled oats and two cups of boiling water.

LUNCHEON

Dutch Salmon Salad—Cut in cubes enough cold boiled potatoes to make two cups, mix with a cup of salmon freed from skin and bones.

WEATHER AND THE SCHOOL.

Cold, Calm and Clear Days Show the Pupils at Their Best.

Teaching children is not the easiest thing in the world. It presents a problem complicated by many and diverse factors.

Investigation has shown that the state of the weather has a marked effect both on the children's conduct and on their mental and physical powers.

This was first clearly brought out a few years ago by an American psychologist, Professor E. G. Dexter, whose researches still are among the most exhaustive and informing that have been made in this novel field of inquiry.

Professor Dexter, studying conditions in the schools of cities at sea level, like New York, Boston and Philadelphia, and of others at high altitudes, found that in the former the pupils were best behaved on cold, calm and clear days.

In high altitude schools, such as those of the city of Denver, where mugginess is seldom in evidence, windy days were found to have the most disastrous effect on conduct.

With respect to working ability the same results were observed. Both mental and physical tasks were best performed on cold, calm and clear days.

What a Toad Enjoys.

There are few things more amusing than to watch a toad submitting to the operations of a back scratching.

Regular onion eaters rarely if ever fall ill from infectious diseases, and they are singularly immune from practically all ailments.

When a man tells a woman a joke he usually has to follow it up with an explanation.

Any man who itches for fame will have to do a lot of scratching before he gets there.

HIS DAY OF REST.

A Town in France Where a Legal Holiday is Strictly Observed.

The jeweler's face expressed bewilderment and astonishment and amusement. He looked from the artist to me and back again at the artist.

The artist had left a watch to be mended, and we were standing in front of the jeweler's shop on one of the narrow streets of Douarnenez.

Belief in charm cures is not quite extinct even today. Only a short while ago a child in East Anglia went to a chemist with a request from her mother for a spider in a nutshell.

Friday Weddings. Friday is a day of which about to wed couples are extremely nervous.

Light of a Deep Sea Shrimp. One of the most extraordinary crustacea ever discovered was dredged up by the Prince of Monaco from a depth of 16,000 feet.

Absolute darkness reigns in the depths where it lives, but the little shrimp does not find it necessary to keep its light always burning.

Many a man talks through his hat instead of using a telephone.

A Poverty Stricken Queen.

Partly owing to the fact that she was wedded to an avaricious king and partly because she was generous with the little money allowed her Elizabeth of York, queen of Henry VII., spent but a small amount for dress.

Charm Cures.

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Aridity.

He—The town you live in is rather arid socially, isn't it? She—Arid? Well, I should say so. Why, the soil there is so arid socially that you can't even raise your eyebrows.

A western man has invented a preparation for restoring old paintings.

If a man can afford to sit down and wait for a golden opportunity to come along he doesn't need it. Many a courtesan is torpedoed on the sea of matrimony.

THE CURIOUS KANGAROO.

A Theory Its Queer Style of Animal Architecture Suggests.

The kangaroo family is unique and is found only in Australia. It is the most remarkable branch of the order of the marsupials, or pouched animals.

The marsupials arose in very ancient geological times somewhere in the mesozoic age, and later on nearly disappeared except in Australia and neighboring islands.

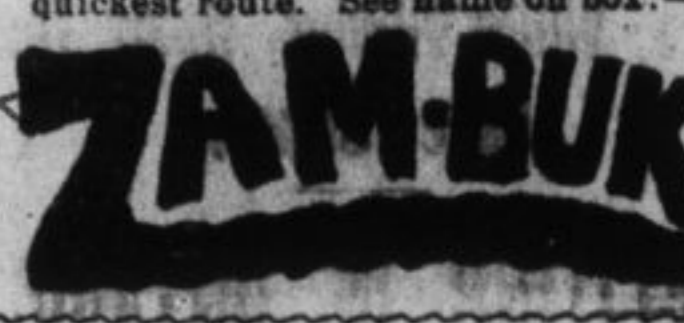
There is one curious fact about the kangaroo which appears all the more singular when we reflect upon the great antiquity of the order of the marsupials.

Renfrew And The Patriotic Fund. Ottawa Journal. Renfrew's second showing for the Patriotic Fund was like the first a wonderful one.

Thus, counting the usual average of five to a family, the average of the giving in Renfrew has been equivalent to nearly \$100 per family.

HAVE YOU? ECZEMA?

Would you like to end that terrible itching, that burning pain; to heal those horrid sores? You have tried all sorts of fatty ointments, lotions and powders.



Best Wishes. "Father, I had a fight with Percy Raymond today." "I know you did," replied the father soberly.

Thoughtlessness.

"Which are the pictures in your gallery that you value most highly?" "I dunno," replied Mr. Oumrox.

He Had Painted Too.

"My dear fellow," said the artist, "you can't imagine how much work there was in painting that picture." "Oh, yes I can," said the young country lad, "my father made me paint the barn one summer."

Still Worse.

Kathryn—I hear that you said I was double faced. Kiffy—I never did. I merely said you were double chinned.

For 90 Cents Weeks of Feb'y 21st to March 4th Only Plus Coupons from Quaker Oats—See Below This Quaker Cooker

700,000 homes in Great Britain and the United States have been supplied by us with Cookers for preparing Quaker Oats.



Retail Value \$3.00 Pure Aluminum Made to Our Order Extra Large and Heavy Cereal Capacity, 2 1/2 Qt.

The weeks of February 21st to March 4th we want every user of Quaker Oats in Canada to have this perfect Double Cooker.

You are getting oat food in its finest form. The large, luscious flakes are made from queen grains only.

Let us help you cook them rightly. We want to win new users to this extra-delicious brand.

So we make this special offer—two weeks only—to every home in the Dominion.

Two Weeks 90c—But No Longer

Aluminum is very costly now. The price of the metal has lately almost trebled. So a Cooker like this, if sold at retail, would be quite expensive.

or money order preferred, and we will send this Cooker by parcel post prepaid.

No requests will be honored under this offer unless they are mailed between February 21st and March 4th.

Thousands of grocers in Canada have this Cooker on display this week. You will find Quaker Oats displayed with it.

We make this special offer for two weeks only: Send us four coupons taken from packages of Quaker Oats.

The Quaker Oats Company Peterborough, Ont.

Most Grocers Now Display This Cooker Go to Your Grocer and See It