

Coffee-

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

In %, 1 and 2 pound cana. Whole - ground - pulverized also Fine Ground for Percolators.

CHASE & SANBORN, MONTREAL.

### SAYS ACID STOMACH CAUSES INDIGESTION

the food and forms

stomach decays, or rather, ferments firm, fry in butter. Serve with ma- one lemon. Bake with one crust the same as food left in the open ple syrup. air, says a noted authority. He also tells us that Indigestion is caused by Hyper-acidity, meaning, there; the stomach which prevents com- two cups, mix with a cup of salmon For the crust mix a cup and a half mentation. Thus everything eaten over a tablespoon of oil, two of vine- lard, a pinch of salt and a small cup sours in the stomach much like gar- gar and four olives cut in halves, of ice water. Roll and bake, fluids and gases which inflate the WEATHER AND THE SCHOOL. stomach like a toy balloon. Then we feel a heavy, lumpy misery in the chest, we belch up gas, we eructate sour food or have heartburn, flatu-

lence, water-brash or nausea. He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass beginning to be properly appreciated. of water before breakfast and drinks One such is the influence of weather while it is effervescing and furthermore, to continue this for a week, While relief follows the first dose It is important to neutralize the acid ity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jads Salts is inexpensive and made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salts is used by thousands of people for stomach trouble with ex-

> WHEN considering the erection of a Memorial, the form it should take is not always easy to decide. To aid in determining such a matter we have recently published an interesting booklet which describes why

Stained Glass Windows are in Universal Favour as Memorials

their process of production, enduring qualities, value as objects of art and much other information of importance pertaining to this Beautiful Decorative Medium

The Bucklet is free for the asking

Robert McCausland 141-143 Spadina Avenue

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A few of the many Bargains offered at the

UNIQUE GROCERY: Good Tea, black and green . . 30c lb 

Maple Flavor Syrup; per qt. .... 30c Pickering's Perfection Baking

PICKERING'S. 490 Princess Street. Phone 530.

Bulk Oysters

PHONE ASO.

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 remem- dle. ber, was given a dog named Smutty, but Ned kept at it until finally Smut which he had started to teach a lot of ty learned to hold on tight and keep tricks. Just about this time Ned had his balance even when Ned spun a-present of a bicycle for a birthday around the sharp corners at full present, and as it was Spring, and the speed snow had all gone, he found he could ride quite a way out into the country the village to see Ned and Smutty go-

wheel and Smutty trotting along be- Ned's arm, and "playing dead,"

As Ned learned, however, he began But best of all Smutty likes placed him on the handle bars, with robat in a circus.

He always liked to have Smutty go for miles around. Sometimes they with him on these trips, and many would stop to rest, and then Smutty times, while Ned was learning to ride, would give exhibitions of some of his they went on long trips. Ned on the tricks, like rolling over, jumping over

to ride faster, and many times poor jump up in his place and rush off with Smutty could hardly keep up with his Ned on the saddle behind him, the One day Ned thought he wind blowing the dog's ears back and would try to teach Smutty to ride barking with delight as he hangs on with him, so he took the dog and and balances himself just like an ac- leaving by the 3:15 train for Pont

DINNER

two cups of milk and half a cup of

water. Add a cup of salmon, a pinch

longer. Stir in a teaspoon of dis-

Cod Scallop with Oysters - Chor

cod to make two cups. Season with

a teaspoon of lemon juice, peper and

salt. Place a layer of the cod in a

and sprinkle with cracker crumbs.

Continue until the dish is full, then

about twenty minutes. Now squeeze

the juice of one lemon with enough?

confectioner's sugar to make a thick

SHUTTING OUT SUNSHINE.

Various Ways to Brighten Up a Home

cheerful and happy she must provide

for herself surroundings calculated

to cheer and uplift. This can never

be done by shutting out the sunshine

and darkening the rooms with heavy

hangings and somber papers. Rath-

er it is her part to furnish her home

with sunny papers and bright dra-

This need not mean that the home

must look out of date or cheap. The

interior decorators have used chintzes

so lavishly in their work of late years

that it is considered very smart. They

have produced some startling effects

with the futurist cretonnes and the

elaborate black and white chintzes.

Nor can this material by any means

be considered cheap when the good

cretonnes sell up to \$4 and \$5 a yard.

It is fortunate, however, for women

of moderate means that chintz also

sells as low as 12 and 15 cents a yard.

With the ald of plain, light colored

wall paper and expensive or inex-

pensive chintz a home can be made

to look 10 degrees lighter than it did when filled with dark velvets and

subdued wall papers. The effect this

change will have on the dispositions

of the inmates of the home will quite

offset any extra expense incurred in

bringing it about. Bright surround-

Deviled Scallops.

Cream one-third cupful of butter,

gradually beat in two teaspoonfuls of

mustard, three-quarter teaspoonful of

salt and one-quarter teaspoonful of

cayenne; then add one quart of par-

boiled scallops finely chopped and

one cupful of hot milk. Mix thor-

oughly, turn into a buttered baking

dish, cover with one cupful of hot

milk. Mix thoroughly, turn into a

buttered baking disb, cover with one

cupful of fine crumbs, dot with bits of

butter and bake about twenty min-

Fresh Discovery of an Old Truth.

given-in honor of her ninth birthday

was nearly spoiled by the ill tempered

outbreaks of a very pretty and well

dressed little girl who was among her

guests. 'A peacemaker appeared, how-

ever, in a plain and rather shabby

child, who proved herself a veritable

After her playmates were gone Hel-

en talked it all over very seriously

with her mother. She summed it up

in this piece of philosophical wisdom:

mamma. Folks don't always match

The New Zealand Eel.

At a recent meeting of one of the

New Zealand acclimatization societies

the curator of a game farm reported

that he had included eels in the list of

vermin which caused the death of

young pheasants. He gave his assur-

ance that no fewer than seventeen

young birds had been lost owing to

eels seizing their heads while they were in the act of drinking creek wa-

ter. The deaths of innumerable young

ducks had been caused by eels, and it

was a common thing to see scores of

ducks minus a leg, which had been

dragged off by these voracious fish.

"Well, I've found out one thing,

little angel of tact and good will.

Helen's enjoyment of the party

ings are essential to bright natures.

If the housewife wishes to keep

In Winter.

Salmon Soup-Boil one minute

Garnish with parsley.

## "Low Cost of Living" Menu

Menu for Friday

BREAKFAST Orange Juice Boiled Cod Potatoes Fried Oatmenl

LUNCHEON Dutch Salmon Salad Graham Bread Pickles Bolled Rice . Ten

DINNER Salmon Soup Cod Scallon with Oysters Mashed Potatoes New Asparagus Plain Lettuce Lemon Ple

BREAKFAST Fried Oatmeal-Boil thirty min-

cups of boiling water. Add half a Add half a cup of sugar, the yolks cup of chopped nuts, turn into mould, of three eggs, a tablespoon of butthe wet with a little water and, when ter, and the juice and grated rind of

LUNCHEON

Dutch Salmon Salad - Cut in cubes paste, add the stiffly beaten whites enough cold boiled potatoes to make spread on top, and brown in the oven freed from skin and bones. Pour of flour with a heaping half cup of

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. Some of these are only now

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 pow-

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

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. Muggy days were productive of the greatest unruliness. marked tendency to misbehavior was also noted on hot days and on windy

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. Cold, calm and clear days were again the days of best behavior.

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

What a Toad Enjoys. There are few things more amusing than to watch a toad submitting to the operations of a back scratching. He will at first look somewhat suspiciously at the twig which you are advancing toward him, but after two or three passes down his back his manner undergoes a marked change, his eyes close with an expression of infinite rapture, he plants his feet wider apart, and his body swells out to nearly double its ordinary size, as if to obtain by these means more room for enjoyment. Thus he will remain until you make some sudden movement which startles him or until he has had as much petting asohe wants, when, with a puff of regretful delight, he will reduce him self to his usual dimensions and hop

> Eat Onions. Regular onion eaters rarely if ever 'all ill from infectious diseases, and hey are singularly immune from pracically all ailments. Onions, 200, are 1 grand specific for the complexion. They should be boiled whole in milkfrink the latter-or steamed and eaten with bread and butter and cheese. Then they make a satisfying and nuritious meal, on which you can do rain work or manual labor. Try onions. The taste and after smell? A nouthful of hot coffee takes away 10th.-London Mail.

away, bent once more on the pleasures

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

explanation Any man who itches for fame wi HIS DAY OF REST.

The jeweler's face expressed bewilderment and astonishment and amuse ment. He looked from the artist to me and back again at the artist. H started at the end of every sentence to say something, but the artist didn't give him a chance. The artist kept on talking, while I kept on trying to control my sense of humor. I wanted to shriek. I longed for the ability to

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, a town in the extreme west of France. The shutters were up in front of the shop, and jeweler was in his shirt sleeves, looking as if he had been waked up by our knock from an enjoyable afterdejeuner sleep. The artist and I were Croix, and we didn't intend to come back this way. It was Thursday, but the jeweler had politely explained that he could not give us the watch until tomorrow, although it was all ready and was hanging from its little hook in the

shop at whose open door we stood. The

reason was that Thursday had been

chosen by the jeweler for his repos

hebdomadaire-the one day in seven

rest imposed by law .- Herbert Adams

Light of a Deep Sea Shrimp. One of the most extraordinary crusof nutmeg and boil three minutes tacea ever discovered was dredged up by the Prince of Monaco from a depth of 16,000 feet. It has been named parsley and a few drops of lemon Oplophorus grimaldi. It is a sort of sbrimp, and its peculiarity is that it squirts from two holes, near its mouth a liquid which, on coming into contact with salt water, produces a fine pale baking dish, add a layer of oysters | blue light,

Absolute darkness reigns in the depths where it lives, but the little moisten with milk and bake fifteen shrimp does not find it necessary to keep its light always burning. This Lemon Pie Soak a cup of bread' would use up too much energy, so it utes one cup of rolled oats and two crumbs in a cup of milk half an hour, squirts out the illuminating fluid only when it wants to look at something, or perhaps to attract the minute animalculae that form its food.

Many a man talks through his hat

Partly owing to the fact that she was wedded to an avaricious king and A Town In France Where a Legal Holipartly because she was generous with day is Strictly Observed. the little money allowed her Elizabeth of York, queen of Henry VII., spent but a small amount for dress. She was very often in debt, and the sums she spent were ridiculously small, 20 shillings (\$5) being the greatest amount expended at any one time. Her gowns were, mended and turned, and new waists were made for them, as is shown by the record of bills paid to her tailor. These bills prove that she write shorthand, so that I could put it wore her clothes for a long time, for all down for posterity. her gowns were obliged to be newly hemmed, and also that, though a prin-

> which were decorated with tin buckles. Charm Cures. 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 moth er for a spider in a nutshell to hang round baby's neck to cure his whooping cough. In the west country some still pin faith in the cure of whooping cough by administering cooked dormouse or by plucking a bair from the sick child's neck, hiding it in a piece of meat and giving it to a dog. No child will ever have the malady, others affirm, if it has ridden on the back of bear!-London Telegraph.

cess of the great house of Plantagenet,

she wore shoes costing but 24 cents.

A Poverty Stricken Queen.

Friday Weddings. Friday is a day of which about to wed couples are extremely nervous. It is a matter of record in most cities tha fewer licenses are issued on that day than on the other five of the working In the divorce court no such hesitancy is manifest.

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 s arid socially that you can't even raise your eyebrows.

A western man has invented a pre paration for restoring old paintings A preparation for restoring new umbrellas to their owners would be more popular.

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

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 pouch being a kind of pocket in which the young are nourished and protected for a long time after birth. The opossum is an example of a marsupial inhabiting America, but it bears no outward resemblance to a kangaroo.

The marsupials arose in very ancient geological times somewhere in the mesozoic age, and later on nearly disappeared except in Australia and neighboring islands, where today they constitute the characteristic native fauna.

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. It almost looks as if this extraordinary Australian animal represents a survival of a style of animal architecture which was once a favorite with nature, but has since been aban-

The frames of these creatures are characterized by an enormous development of the posterior parts, including gigantic tails and massive thighs and hind legs. If any of the dinosaurs had a leaping power comparable with that of the kangaroo the terror inspired by their forms must have been matched by that arising from their movements.

Renfrew And The Patriotic Fund.

Ottawa Journal Renfrew's second showing for the Patriotic Fund was like the first wonderful one, by far the best Canada so far-and not likely to be approached by anything that remains. The \$42,000 raised equalled more than \$10 per head, or double the second Ottawa contribution and Ottawa's second subscription like her first, ranked high among those of Canadian cities.

The two Ottawa contributions totalled \$9 per head. This has been the largest of any of the big cities But the two Renfrew contributions have equalled a total average of \$191

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.

rible itching, that burning pain; to heal those borrid sores? You have tried all sorts of fatty

ointments, lotions and powders. Put

them aside now and give Nature a chance as represented by Zam-Buk. Zam-Buk is made from herbal essences; is a natural healer. Is no something you have to send to the end of the world for, and pay a heavy price! Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidently give yourself ease by the

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

soberly. "Mr. Raymond came to see me about it." "Well," said the son, "I hope you

Thoughtleseness, "Which are the pictures in your gallery that you value most highly?" "I dunno," replied Mr. Cumrox. "Mother an' the girls told the man to go round and take off the price marks I had put on 'em before I had time to learn 'em by heart."

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.

Kittye-I never did. I merely said

you were double chinned.

# For 90 Cents

Weeks of Feb'y 21st to March 4th Only

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## This Quaker Cooker

700,000 homes in Great Britain and the United States have been supplied by us with Cookers for preparing. Quaker Oats. Now all those homes may cook these flakes in the ideal way. The flavor and aroma are intact. Those homes know this fascinating vim-food at its best.

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We want to win new users to this extra-delicious brand. We want them to know how good oats can be. And to make this wonder food to children a perpetual delight.

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

> 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. Comparatively few homes could afford it. During the next two weeks we want to supply every home in Canada with one of these Cookers.

We make this special offer for two weeks only: Send us four coupons taken from packages of Quaker Oats. Each Large Size Round Package contains two coupons. Each Regular Standard Size Package contains one coupon. Send with the four coupons only 90 cents, check

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. See the Cooker and, if you want it, arrange during the next two weeks to get it. Don't forget.

The Quaker Oats Ompany Peterborough, Ont.

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