

**The Power of Tea**  
 In Japan, tea-drinking reaches almost a religion—the appreciation of the beautiful. With us, too, its refining influence is felt. A cup of

**SEAL BRAND TEA**

brings the spirit of the East within our doors. The subtle of the china is the distant temple bells. The delicious fragrance and flavor bring with them all the delights and beauties of the Far East. Seal Brand teaches us the love of tea.

In pound and half-pound cartons.

**CHASE & SANBORN, Montreal, Que.**



**THE HOME KITCHEN**  
 By Jeannette Young Norton  
 Author of "Mrs. Norton's Cook Book."

**Seven Ways to Serve The Extra Vegetable.**  
 In most families potatoes, in some form or another, are as standard a dish as bread, and always accompany the meat dish. Generally there is an extra vegetable besides, and it is about this dish that I now wish to offer suggestions. Early fall brings plenty of fresh vegetables for our choice and it is only the best mode of serving them that we need worry about.

**Curried Corn.**  
 Cut the corn very carefully from six ears—if the family is large ten ears may be required—and scrape down the ears with the back of the knife, but be careful not to scrape bits of the husk into the dish. Take a small can of tomatoes and add a sliced onion, a stalk of celery, half a pepper, chopped fine, a teaspoonful of curry powder, a tablespoonful of sugar, salt, pepper and half a teaspoonful of ginger. Stew gently for twenty-five minutes. Meantime cut two slices of pickled pork in dice and fry them a delicate brown, then add them to the corn with a tablespoonful of the fat. Strain the tomato, then thicken very slightly with butter and flour mixed to a paste. Butter a deep baking dish, put in the corn and a thin layer of dry crumbs. Then turn in the tomato and stir through the corn. Bake for twenty minutes.

**Turnip Ramekins.**  
 Pare and grate one medium-sized yellow turnip and two good-sized potatoes. Add two beaten eggs, two tablespoonfuls of soft butter, pepper, salt, a tablespoonful of sugar, three-quarters of a cupful of crumbs and a heaping tablespoonful of very finely chopped nuts. Mix thoroughly, and fill buttered ramekins lightly with the mixture. Bake ten minutes, covered, then ten minutes uncovered, browning evenly. Garnish the top of each individual serving dish with a piece of broiled bacon.

**Baked Summer Squash.**  
 Boil and mash the squash in the usual way, season with a generous lump of butter, pepper, salt, two

tablespoonfuls of sugar, and add a small cupful of dry crumbs. Pour into a buttered pudding dish, add half a cupful of cream and a beaten egg, and dust the top with grated cheese. Bake for twenty minutes in a moderate oven. Brown delicately.

**Cucumber Fritters.**  
 Pare and cut in very thick slices three young and tender cucumbers. Put the slices in boiling, slightly salted water, letting them boil until tender. Then drain them and set aside to cool. Make a good fritter batter the usual way. Have the fat hot. Spread the slices of cucumber with peanut butter, dip into the batter and fry a good brown. Drain and place the little fritters on a hot dish in a napkin. Make a cream sauce, not too thick, and add to it a tablespoonful of peanut butter, stir until blended, then serve in a hot sauce-boat.

**Dutch Potatoes.**  
 Boil and mash six good-sized potatoes. Season them with a big lump of butter, pepper, salt and two tablespoonfuls of hot cream. Spread the mixture in buttered, shallow baking dish and cover the top with a layer of well-seasoned, firm apple sauce. Dust the top with a tablespoonful of dry crumbs mixed with two tablespoonfuls of grated cheese. Put in the oven long enough to brown lightly on the top.

**Baked Tomatoes.**  
 Select large, firm, smooth tomatoes and hollow out the stem end, then set them on a buttered baking pan. Mix together a quarter of a cupful of finely minced cold boiled ham, a quarter of a cupful of crumbs, a beaten egg, a lump of soft butter, a little sugar, and a little cream. Fill the tomatoes, oil them over, and dust with grated cheese. Bake until done, but not soft.

**Township Councils**

**STORRINGTON**  
 Sunbury, Oct. 5.—Storrington council met in special session. All members present. Minutes of last meeting adopted.

On motion, Balls-MacFarlane, John Muddell was paid \$100 road grant and \$86.75 statute labor on R. D. No. 15.

On resolution, Sands-Lindsay, balance of interest in full on overdue taxes was received, being \$30.14.

On motion, Sands-MacFarlane, Mrs. James Hughes was paid \$95—\$10 being deducted from the salary of the late James Hughes, owing to the taxes not being all collected.

Accounts paid: Roy Darling, collecting bill of 1920 taxes, \$24.25; John Dillon, tile, \$24.10; A. Sands, hauling tile, \$6; R. H. Fair, crushing 25 tons stone, \$250; Nelson Hartman, statute labor, \$4.50; Charles Ennico, statute labor, \$5; Thomas Anderson, statute labor, \$21; William P. Smith, statute labor, \$25.50; Alf. Sands, statute labor, \$91.50; Joseph Hitchcock, statute labor, \$55.50.

On motion MacFarlane-Lindsay, William Huntsbach received \$30, to be expended on road division No. 42. Sands and Lindsay moved a motion that by-laws Nos. 495 and 496 receive their second and third reading in passing.

Meeting adjourned until the last Monday in November, or at the call of the reeve.

**HAROLD W. SLEETH,** Clerk

**Rain Helped Ploughing.**  
 Cole Lake, Oct. 10.—The farmers are not able to get much ploughing done on account of the rain. Thomas Coulter of this vicinity shipped a carload of live stock at Godfrey on Saturday. Quite a number from here attended the service in charge of the new pastor, Mr. Growder, which was held at E. Campbell's. Visitors: Mr. and Mrs. John Percy, Trenton, at John Lee's; Mr. and Mrs. Miller at Charles Lee's; Mr. and Mrs. William Anderson, Mr. and Mrs. George Thompson, Crow Lake, at William Shillington's. Miss Clough attended the teacher's convention at Kingston, last week. Mr. and Mrs. Gerald Ball at C. W. Ball's. Wesley Shillington spent the week-end home from Sydenham high school.

**Findings From Westport.**  
 Westport, Oct. 10.—Charles Egan, Detroit, is spending a few days in town. Mr. and Mrs. F. G. Forrester, Perth, spent Saturday with friends in town. Dr. Dwyre, Miss Teresa Dwyre, Miss O'Donnell, Perth, and Miss T. Burns, Toronto, were the guests of Mr. and Mrs. M. E. Mulville on Sunday. Mr. and Mrs. M. J. Cawley, Belleville, are visiting friends here.

Miss Martina McCann is spending the week-end in Ottawa with her sister, Mrs. J. V. Noonan. Mrs. T. G. Butler has returned home after visiting for the past month with friends in Madawaska and Arnprior. Misses P. Duncan and Sarah Young left during the past week to resume their studies at Queen's university. J. S. Myers spent the week-end in Havelock.

It requires wisdom to speak, but to keep silence requires only self-control.

**Automotive Equipment**  
 Tourists' Bureau Manufacturers' Agents Accessories  
 "We Can Get It"  
 Phone 815W 109 Brock St., Kingston, Ont.  
 G. V. DREDGE B. R. EYRES

**FOR SALE**  
 Brick House on Montreal Street; electric light; gas; 3-piece bath; furnace; newly decorated. This house is a real bargain.  
 \$2,600. Terms arranged.

**M. B. TRUMPOUR**  
 111 1/2 BROCK STREET PHONE 704 or 1461W.

**Re-Invest Interest or Principal Payments**  
 coming due November 1st. Get your interest working as Victory Bonds can be purchased from \$50 up. We carry all Government investments. Yield 6% up. Good securities are not going to pay such returns much longer. Why accept 3% for your money in a Savings Bank?

**Bongard, Ryerson & Co.**  
 "The Home of Good Investments."  
 287 BAGOT STREET. PHONE 1726.  
 85 Bay Street, Toronto.

**Briscoe Model 4-34**  
 Regular Touring Car, Five Passenger.  
 This car is bigger, stronger, more powerful and better in every way than the former old model.


Price F.O.B. Brockville \$1,550.00 Plus Sales Tax  
 Canadian Briscoe Motor Car Co., Ltd. Brockville

**ANGLIN BROS., Bay St.**

**MATHIEU'S SYRUP OF TAR & COD-LIVER OIL**

**CURES**  
 Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

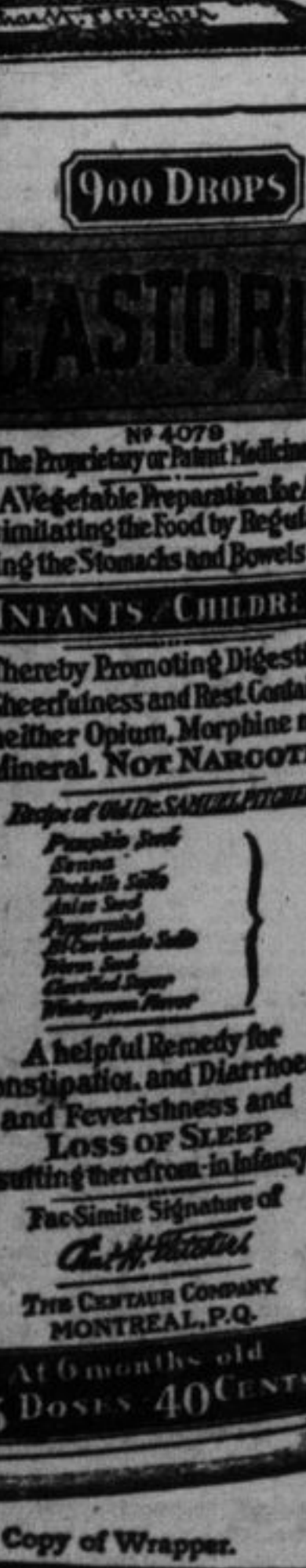
MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL. Colds, when neglected or badly treated give rise to consequences of such a grave character that you should not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose preparation has caused to drop up many imitations of doubtful value. ON SALE EVERYWHERE



**CASTORIA**  
 For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Chat. H. Fletcher* of In Use For Over Thirty Years

**CASTORIA**  
 THE CENTAUR COMPANY, NEW YORK CITY.



**GRAND TRUNK RAILWAY SYSTEM**  
 AGENCY FOR ALL OCEAN STEAMSHIPS

For particulars apply to:  
 J. P. HANLEY,  
 C.P. & T.A., G.T. Ry., Kingston, Ont.

**CUNARD ANCHOR**  
 ANCHOR-DONALDSON

REGULAR SERVICES  
 MONTREAL—GLASGOW  
 Oct. 15/Nov. 19 ..... Cassandra  
 Nov. 8 ..... Saturnia  
 PORTLAND—HALIFAX—GLASGOW  
 From Portland From Halifax  
 Dec 10/Jan 16—Saturnia—Dec 12/Jan 18  
 Dec 23/Mar 2—Cassandra—Dec 30/Mar 4

HALIFAX—PLYMOUTH—HAMBURG  
 Dec 10/Jan 25/Mar 13 ..... Saxonia

N. Y., GLASGOW (via Noville)  
 Oct 8/Nov. 8/Dec. 10 ..... Columbia  
 Oct. 22 ..... Berengaria  
 Nov. 5/Dec. 19 ..... Albatross

NEW YORK—LIVERPOOL  
 Oct. 4 ..... Empress of India  
 Oct. 12/Nov. 17/Dec. 24 ..... Seydlitz  
 Nov. 3/Dec. 19 ..... Saxonia

NEW YORK—LONDON  
 Oct. 22 ..... Pantheon  
 N. Y., Cherbourg, Southampton  
 Oct. 11/Nov. 8/Dec. 3 ..... Carmania  
 Oct. 20 ..... Berengaria  
 Oct. 25/Nov. 15/Dec. 13 ..... Aquitania  
 N. Y., PLYMOUTH and HAMBURG  
 Oct. 19/Dec. 13/Jan. 26 ..... Saxonia  
 N. Y., Vigo, Gibraltar, Patras, Dubrovnik, Naples, Trieste and Fiume  
 Oct. 21 ..... New Bedford, Aurora, Lisbon, Santander.  
 Oct. 13 ..... Calabria

MEDITERRANEAN CRUISES  
 FROM NEW YORK TO  
 Madeira, Gibraltar, Algiers, Genoa, Genoa, Naples, Patras, Piræus, Trieste and Alexandria  
 Oct. 22/Dec. 7 ..... Caronia  
 Nov. 15/Jan. 18 ..... Cameronia  
 N. Y., New Bedford, Aurora, Lisbon, Santander.  
 Oct. 13 ..... Calabria

For rates of passage, freight and further particulars apply to local agents or  
**THE ROBERT REFORD CO., LIMITED**  
 GENERAL AGENTS  
 8 KING STREET EAST  
 TORONTO, ONT.

**Partridge Wire Works**  
 NICKEL PLATING  
 AND BRASS FINISHING  
 Now prepared to do this work.  
 Manufacturing Wire, Fencing, Flower  
 Border Guards, etc.  
 62 KING ST. W. - PHONE 380

**FOR SALE**  
 Double story dwelling, three storey, large lot; 1 extra lot. Good barn. Rents for \$44 per month. Price \$4,500.

**W. H. GODWIN & SON**  
 Real Estate and Insurance  
 80 Brock Street. Phone 424.

**Dr. H. A. Stewart**  
 Dental Surgeon  
 Wishes to announce that he has resumed his practice, cor. Wellington and Princess Streets. Phone 2092.  
**Dr. H. A. Stewart**

**TAXI FOR HIRE**  
 Special prices for out-of-town trips.  
**G. C. MILLARD**  
 30 Main Street  
 Phone 2351w.

**Hunter G. Ogilvie**  
 INSURANCE AND GENERAL BROKER  
 In daily communication with Montreal and Toronto Stock Exchanges. Dominion, Provincial and Municipal Bonds for sale.  
 251 KING STREET  
 Phones :: 568j & 1807

**Tools Tools Tools**  
 25% OFF TOOLS  
**W. H. COCKBURN**  
 PHONE 216.

**Before and After**  
 Vulcanizing your torn tires at Suddaby's shops—a picture that tells the story of our efficiency and economy for thousands of tire users. They bring the tires to us worthless; we return them back good as new.

**Suddaby Bros.**  
 Cor. Queen and Wellington Sts.  
 Phone 1988



**Willard SERVICE STATION**  
 This is the time of the year that your BATTERY needs a lot of attention. Do not hesitate to stop at the Willard Station and we will gladly look your outfit over without charge, also starting and lighting systems.  
 Enquire about new prices for WILLARD BATTERIES.

**I. LESSES**  
 19 BROCK STREET. PHONE 1340.

**Absolute Evidence in Favor of Ground Cylinders**  
 All high grade automobile engines manufactured in this country as well as in Europe have their cylinder bores finished by grinding. Some of the American cars that might be mentioned are:

Apperson	Hudson	Peerless
Drewster	Kissel	Pierce Arrow
Cadillac	LaFayette	Rolls Royce
Cunningham	Lincoln	Standard
Dorris	Locomobile	Stevens Duryea
Franklin	Marmon	Stutz
Haynes	Mercer	Templar
Holmes	Packard	Winton

In fact, 84% of all the manufacturers of pleasure cars use engines with ground cylinder bores, and 91% of the commercial motors are ground. Heald Machines are used exclusively.

Automobile owners we have one of these Heald Cylinder Grinding Machines, and can guarantee first class work. Ground Cylinders is a selling point with many cars.

**Automotive Grinders**  
 R. M. CAMPBELL,  
 Corner of Queen and Wellington Streets.

**A Gentle Way to End Corns**  
 The Modern Method—Scientific, Easy, Quick and Sure  
 THE old corn ends were harsh, crude and uncertain. They came into disrepute.  
 Then a world-famed laboratory created a new method, and millions have adopted it.  
 The new way is Blue-Jay—liquid or plaster. One applies it by a touch. The pain stops instantly, and soon the whole corn loosens and comes out.  
 To pare a corn and keep it now is folly. Stop it the moment it appears. Remove it in this gentle way.  
 Watch one corn go when Blue-jay is applied. You will let it deal with all corns after that.  
 Send to the drug store now.  
 Liquid or Plaster  
**Blue-jay**  
 stops pain—ends corns  
 a Bauer & Black product

**GRANDMA USED SAGE TEA TO DARKEN HAIR**  
 She Mixed Sulphur With It To Restore Color, Gloss, Youthfulness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients.  
 While wavy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it dries it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

Drive a FORD SEDAN or COUPE this winter. It will give you a new conception of motoring comfort. You will not worry whether it rains, blows or snows—all kinds of weather are alike. And won't your wife and children appreciate it?  
 We are equipped to give you prompt and skilled service at any hour.

**VanLuven Bros.**  
 Phone 1609. 34-38 Princess Street.

Canada's Favorite Pipe Tobacco

**OLD CHUM**  
 SMOKING TOBACCO  
 in tins and packets

The Tobacco of Quality

