



# Wholesome Coffee

Coffee can be 100% wholesome. Seal Brand Coffee is 100% wholesome and delicious.

## SEAL BRAND COFFEE

is the most perfect and satisfying coffee obtainable. Blended and roasted with infinite skill, its rich aroma and choice flavour sealed into the package.

At good grocers, everywhere. In 1/2, 1 and 2-lb. tins. Send for our free Booklet, "Perfect Coffee, Perfectly Made."

CHASE & SANBORN, MONTREAL



### ABSORBINE

TRADE MARK REG. U.S. PAT. OFF.

will reduce inflamed, swollen joints, sprains, bruises, soft bunions, heals boils, foot and hand eczema, itching and infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use, does not blister or remove the hair, and leaves no odor. \$2.50 per bottle, delivered. Book 7 R free.

ABSORBINE, JR., the aseptic treatment for mankies, reduces Painful Swollen Veins, Wens, Sprains, Bruises, stings, cuts and inflammation. Price \$1.25 per bottle at dealers or delivered. Will tell you more if you write, Liberal Trial Bottle for 10c in stamps. W. F. YOUNG, Inc., 141 Lyman Bldg., Montreal, C.

Absorbine and Absorbine, Jr., are made in Canada.

### Dr. DeVar's French Pills

A reliable Purgative Pill for Women. \$3 a box, sold at all Drug Stores, or mailed to any address on receipt of price. The Seabell Drug Co., St. Catharines, Ontario.

### PHOSPHONOL FOR MEN

Restores Vim and Vitality; for Nerve and Brain; increases "gray matter"; a Tonic—will build you up. \$3 a box, or two for \$5, at drug stores, or by mail on receipt of price. The Seabell Drug Co., St. Catharines, Ontario.

## PROFESSIONAL CARDS

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Office, 139 Kent Street.  
Opposite Morell Hotel. Phone 764

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Money to Loan on Real Estate.

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### "FORTY" IN SACRED AND PROFANE TALES

Probably Suggested by 40 Days in Noah's Ark. (New York Sunday Herald.)

The period of imaginary flood or drought following St. Swithun's Day is now long past for this year, and we shall hear no more of that singular superstition until next summer, when it will doubtless "bob up serenely," only to be discredited again as it has invariably been every year since the worthy Bishop of Winchester had his second interment. For, of course, the prophecy has never so much as once been fulfilled. It requires every day from July 15 to August 24 in every year to be either rainy or rainless, which is something that never has happened in any year. Yet, in the face of this universal failure, people keep right on quoting the saying, with more than half belief in it. Only it is noteworthy that they are far more prone to quote it in favor of rain than of drought. If July 15 is rainy, a thousand will say "Now we shall have forty days of rain" to only one who, if it is rainless, will say, "Now we shall have forty days of drought."

Why forty days was selected as the period of meteorological monotony is an interesting question, though it is probable that it was suggested by the forty days and forty nights of rain in Noah's time. At any rate, it is only one of the many noteworthy uses that have been made of the number forty in fact and fiction.

After the forty days and forty nights of rain at the Deluge, it will be recalled, Noah waited forty days before he opened the window of the Ark and sent forth the raven.

The Children of Israel were in the wilderness forty years, and they sent spies into the Promised Land for forty days in advance of their own going.

Moses was in the Mount of the Law forty days.

Isaac was forty years old when he was married, and so was Esau.

Eli was judge of Israel for forty years.

Goliath defied the army of Israel forty days warning of its impending fall.

Elijah fled forty days from Mount Carmel to Mount Horeb.

Jonah gave the city of Nineveh forty days warning of its impending destruction.

Jesus lived forty days and appeared to His disciples during forty days after His resurrection.

St. Paul five times received forty strokes with the scourge.

Turning from sacred to profane religious history, it is to be observed that the South American Indians of Venezuela have from time immemorial had a yearly fasting season of forty days, and so have the Aztecs of Mexico. So also, it should be remembered, had the ancient Persians. We cannot attribute their adoption of the number forty to any relationship with Christianity, and there is no evidence that it has any connection with Judaism. Why, then, forty?

The same number plays an important part in the lives of many of the birds of the air.

### SOME WAR DATES WORTH PUTTING IN SCRAP BOOK

- Austria declared war on Serbia, July 28, 1914.
- Germany declared war on Russia, August 1, 1914.
- Germany declared war on France, August 3, 1914.
- Great Britain declared war on Germany, August 4, 1914.
- United States declared war on Germany, April 6, 1917.
- United States declared war on Austria, April 7, 1917.
- Japan declared war on Germany, August 23, 1914.
- Austria declared war on Belgium, August 23, 1914.
- Austria declared war on Japan, August 23, 1914.
- Austria declared war on Montenegro, August 9, 1914.
- Brazil declared war on Germany, October 26, 1917.
- Bulgaria declared war on Roumania, September 1, 1916.
- Bulgaria declared war on Serbia, October 14, 1916.
- China declared war on Germany, August 14, 1914.
- Cuba declared war on Germany, August 14, 1917.
- France declared war on Austria, April 7, 1917.
- France declared war on Austria, August 12, 1914.
- Germany declared war on Belgium, August 4, 1914.
- Germany declared war on Portugal, March 9, 1915.
- Germany declared war on Roumania, August 28, 1916.
- Great Britain declared war on Bulgaria, August 13, 1914.
- Great Britain declared war on Turkey, October 15, 1916.
- Great Britain declared war on Turkey, November 5, 1914.
- Greece declared war on Bulgaria, November 23, 1916.
- Greece declared war on Germany, November 23, 1916.
- Guatemala declared war on Germany, April 21, 1915.
- Haiti declared war on Germany, July 12, 1918.
- Honduras declared war on Germany, July 19, 1915.
- Italy declared war on Austria, May 24, 1915.
- Italy declared war on Bulgaria, October 19, 1915.
- Italy declared war on Germany, August 28, 1916.
- Italy declared war on Turkey, August 21, 1915.
- Liberia declared war on Germany, August 4, 1917.
- Panama declared war on Germany, April 7, 1917.
- Panama declared war on Austria, December 10, 1917.
- Roumania declared war on Austria, December 10, 1917.
- Roumania declared war on Bulgaria, October 19, 1915.
- Serbia declared war on Germany, August 9, 1914.
- Slam declared war on Austria, July 22, 1917.
- Slam declared war on Germany, July 22, 1917.
- Turkey declared war on the Allies, November 23, 1914.
- Turkey declared war on Roumania, August 29, 1916.
- Armistice signed, November 11, 1918.
- Peace treaty signed by the Germans, June 28, 1919.

### BROILERS

Under ordinary conditions the most profitable time to market cockerels of light-weight varieties is unquestionably at the broiler age. All surplus Leghorns and cockerels of similar breeds should be disposed of at this stage, as the quality of the flesh rapidly lower with age, and they are, consequently, not in demand as roasters.

The most desirable weight for broilers is from one pound and a half to two pounds each, and the quicker the chick can be forced to these weights the better the quality of the broiler.

In growing broilers the chicks may be fed and handled in the usual way until they reach the age of about six to eight weeks. The cockerels should then be separated from the general flock, kept in confined quarters and forced with ground grains, mash and milk, just an occasional feed of wheat or cracked corn being supplied to stimulate the appetite.

Milk is essential if the highest quality is to be secured, and when fed sour it acts as a stimulant and keeps the appetite keen.

A mixture of sifted ground oats and corn, oats and barley, or buckwheat, oats and barley, makes a good ration. This should be mixed to a rather thin batter with sour milk, and fed at least three times a day all the chicks will clean up.

They should have at least two weeks' feeding of this kind before being marketed.

When ready they should be starved for at least twelve hours, bled and neatly dressed, care being taken to avoid tearing the skin when plucking, as they are very tender and consequently easily torn at this age.

Those who are not experts at dressing or who live at a distance from market can make arrangements to ship to a dealer who will dress and deliver at so much per pair. This is usually a better plan than shipping dressed in hot weather, as the danger from spoiling under this method is great.—Experimental Farms Note.

# TAKE IT HOME TODAY

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The

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### Tin Covers May be Kept from Rusting

by rubbing them well, when new, with lard and letting them stand for twenty-four hours. Do this before they have even been used or washed, then heat them slightly by placing in the oven; finally rub off the lard and wash them.

### Drugs Excite Your Kidneys, Use Salts

#### IF YOUR BACK HURTS OR BLADDER BOTHERS, DRINK LOTS OF WATER

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate its entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

### IF I WERE YOU

If I were you, in moments of reflection Though criticism may be fair and true, I'd not go in too much for vivacious section.

If I were you, I would not take the flowers of life and tear them Apart, their inner secrets all to view. I'd pluck them gently, reverently wear them.

If I were you, I'd leave some twilight hours 'Twixt glaring daylight and the night's black hue, Some neutral-tinted scenes—some shady bowers.

If I were you, I would not let the oil of toleration—The sameness of one general width of view—Subdue the free wave's motion to stagnation.

If I were you, I'd not laugh down enthusiasm's fire As romantic, few-flown—I'd leave some high Sparks of a noble rage—a generous fire.

If I were you, And O, amid the rush for wealth or pleasure And all the hurly-burly and to-do, I'd leave some breathing space, some nooks of leisure.

If I were you, With a joy that is real, the way that they feel on the days they're perfectly well.

### MOLASSES CANDY

Molasses—1 cup.  
Sugar—1 cup.  
Butter—Size of an egg.  
Vinegar—1 tablespoon.  
Baking Soda—1 teaspoon.

Now, put all the above named things except the soda into a saucepan to boil. Try dropping a little of the syrup into a cup of cold water, and when it becomes brittle, take the saucepan off the stove and add the soda; then pour the candy into buttered pans, and put it out to cool.

While you are waiting for the candy to cool, wash your hands carefully and grease them with a little bit of butter, or if mother does not want the butter used perhaps she will let you have a little flour put on your hands.

As soon as the candy is cool enough to handle take a small piece and pull it until it becomes a light golden brown or it will become quite light if you care to pull it long enough. Now put it to cool again, and then cut into squares.

A REAL SURPRISE

"I was talking to my colored man or

all work the other day," said a well-known business man, and I asked him if he went to church.

"Yessur, I goes to church every Sunday," he said.

"Are you a member?"

"Yessur."

"What church?"

"Prespeteryan."

"Do you believe in the doctrine of election?"

"Yessur."

"Do you think I am elected to be saved?"

"Law, Mr. Mellen, I didn't even know you all was a candidate."

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## Over There—Over Here

### CHEW STAG TOBACCO

STAG Chewing Tobacco is appreciated by both of Canada's war units—those who fought in Flanders and those who served at home.

It is also enjoyed by civilians of all classes throughout Canada and is recognized as being

"Ever-lastingly Good"

### BRINGING UP FATHER

WELL, I GUESS I'LL SIT DOWN AND ENJOY A QUIET SMOKE.

GET OUT OF THERE!

IF I EVER CATCH YOU IN THAT ICE BOX AGAIN, I'LL BEAT YOU GOOD.

WELL, FOR ONCE IT WOZ'N'T ME SHE WOZ HOLLERIN' AT!!