

ENO'S
FRUIT SALT
Famous for
Forty years
Settles the Stomach
Stimulates the Liver
Strengthens
Digestion
Purifies the Blood.

WOULD YOU LIKE VERY MUCH TO KNOW HOW TO MAKE A BRAND NEW KIND OF BROWN BREAD NEVER DISCOVERED BEFORE.

Brown bread? New? "Why isn't it all alike?" No indeed, far from it. Follow these directions.
Two cups of sour milk, or cold water; if water is used, you will require two heaping teaspoonsful of baking powder sifted in the flour; if sour milk is used, one teaspoonful of baking soda dissolved in the sour milk. Quarter of a cup of sugar, quarter cup of molasses, one teaspoonful of salt, one cupful of bran, one cupful of oatmeal left from breakfast (cooked), one cupful of barley flour, half a cupful of wheat flour, or reverse this; mix all and beat well; then one table-spoonful butter substitute. The batter must be quite stiff; bake in a well-greased pan in a slow oven 45 minutes, or one hour and a half between two dishes in the fireless cooker. You may have to use a little more or less flour. After a trial you can easily tell. Very healthful.

FAMOUS CENTENARIES

This year of grace, 1919, is going to be one rich in centenaries. To begin with, it is just a hundred years ago since Queen Victoria appeared on mother earth—a centenary concerning which the monthlies will presently be waxing eloquent.
Another noted centenary of the present year is that of the famous old sea-foyer, Admiral Rodney, the man in whom for years the French found so persistent an assailant, so doughty an adversary. 'Twas back in 1719 that this old gentleman first delighted his friends with his presence. The centenary of W. E. Foster, the statesman, will also be celebrated this year. Few greater authorities on education than this gifted son-in-law of the great Dr. Arnold, of Rugby, ever breathed.
Among other worthies whose names must also be mentioned in this connection is that of John Campbell Sharp, the Dordsworthian poet and philosopher; Arthur Hugh Clough, the poet; and Charles Kingsley, the gifted author of that immortal thriller, "Westward Ho!"
Scotsmen will presently be doing honour to the memory of another noted individual whose centenary also falls this year—a man worthy of a happier fate—Donald Cargill, the great Covenanter, who, it will be remembered, for daring to excommunicate the King, was executed at the Old Market Cross, Edinburgh. Neither must we forget George Eliot, the authoress of that unparalleled romance, "Adam Bede."

The Scholarly Cut.

"You did not speak to him?"
"No," replied the scholarly girl.
"When I passed him I gave him the geological survey."
"The geological survey?"
"Yes. What is commonly known as the stony glare."
Departed Glories.
"There goes Mrs. Emmingway—I am sorry for the poor dear!"
"Why—wot's 'er trouble?"
"Aven't you heard? Since she's got the sack from munitions she's 'ad to pawn 'er pearls."

Snowflake
THE FULL STRENGTH
Ammonia
Cleans Dishes Without Soap—Quicker—Easier—More Sanitary—CUTS GREASE

ARMY'S FILES BARE CAUSES OF DISEASE

LONDON, April 23.—The need for new light on the causes of disease is the object of an important investigation being undertaken by the research department of the Ministry of National Service.

On the National Service register appear the names of 250,000 men who were rejected as utterly unfit for military service during the final months of the war. These cases are to be the subject of the enquiry, and all information regarding the main and contributory causes for rejection will be collated.

The methods of indexing are interesting, the system to be used being the Hollereth method of coding by cards. These cards are arranged for coding the salient particulars relating to each man. They have been printed with various headings and have numerous figures in columns for indicating the particular details.

If, for example, a man's age is 35, the machine used for recording punches out the figures 3 and 5. Occupations, height and weight are similarly coded in figures, so that when the card has been completed it is punched full of holes and appears like the record of an automobile musical instrument.

The cards when completed can be put through a machine which can be set to sort them according to any desired result. For instance, the machine will correctly deliver cards of men of 35 or of the cards of men having defective vision, etc.

The code comprises a large amount of information covering all important points. These include the district of residence, birthplace, occupation, height and weight. The color of the eyes and hair are also noted. This will enable the prevailing medical opinion that disease and color have occasionally some relationship to be tested. For example, the idea is prevalent that persons with blue eyes are more subject to the infection of scarlet fever. The expansion of the chest and the limits of vision are also recorded.

The record of the cause for the man's rejection and the principal secondary disability, if any, from which the person suffers will give an idea not only of the main symptom causing the rejection, but also the underlying cause of the symptom—for instance, valvular heart trouble, possibly rheumatism.

The research department will have the aid of the medical research board. The result will afford a basis of information relating to the health of the nation which has never yet been available. Many obscure points regarding the origin of disease, the localities and occupations in which it flourishes, the ages in which it reveals itself, the effects and its complications will be revealed.

ABOLISH FAHRENHEIT?

There is a growing crusade against the Fahrenheit thermometer used in all English speaking countries, and the plea is made that the Centigrade thermometer be employed in its place. The Centigrade is used for nearly all scientific purposes and is decidedly superior to the Fahrenheit, but the latter is in familiar use among the great mass of people who use heat measuring instruments.

Partially all English speaking people use the Fahrenheit scale, even with all its inconveniences, and people who imagine that they can effect a change by an act of congress reckon without authority. Nothing is more difficult than to change the established habits of a people, a truth which will slowly dawn upon the enthusiast who undertakes to change the meteorology of a nation. —Locomotive Engineering.

RECIPES.

Hash.

Three cupfuls of chopped beef, one-half green pepper, one-half small onion, one potato, boiled and cut into cubes, one small carrot, boiled and cut into cubes, one and one-third cupfuls of milk, one tablespoonful of butter, two tablespoonfuls of flour, and one egg.

Brown chopped onion in the butter; remove and add to the beef. With the butter, flour and milk make a white sauce. Add this to the cooked meat, potato and carrot, and the chopped green pepper. Cook together for thirty minutes. Serve with garnishing of hard-boiled egg.

White Star Line's War Record

Merchants fleets the world over were the right arm of the Allies throughout the war in their close co-operation with naval and military activities, and among the prominent transatlantic lines thus engaged the White Star has made a splendid record. Out of its fleet nine large steamers, totalling 148,145 tons, were sunk by enemy fire, including the new Britannic, 48,158 tons; the Oceanic, 17,274 tons; the Arabic, 15,801 tons; and the Laurentic, 14,802 tons, as well as several large cargo vessels.

At the outbreak of the war the British Admiralty requisitioned the Oceanic, Teutonic, Cedric, Celtic, and Laurentic as fast, armed cruisers, and all of them found well-earned glory in their long service. Before the Laurentic was sunk by a torpedo off the Irish coast, she was for twenty-one months continuously at work for her home port. The Olympic, 46,359 tons, was also in almost continuous service during the war.

During the summer of 1917, when so many Allied tank ships were being sent to the bottom by the U-boats that naval vessels in European waters were in dire need of fuel, the White Star Line was able to assist in overcoming any cause for anxiety on this vital point by carrying oil without decreasing its other large war cargoes. In the tanks of the Adriatic, Baltic, Cedric and Celtic. Each steamer took between 2500 and 3500 tons of fuel on the voyage from New York, the first consignments to be transported in passenger vessels, and this novel experiment helped in a large measure to relieve quickly the critical fuel situation. To the end of the war, a total of 88,000 tons of oil was carried by these ships, and the officials of the company recently received the hearty thanks of the British Admiralty and the British nation for this help.

More than 300 of the line's officers, engineers, pursers, surgeons, etc., were attached to the British Navy, and to date thirty-six decorations have been conferred upon them. White Star men were conspicuous in nearly every notable sea action—Coronel, Falkland Islands, Jutland, Zebrange, and in the unflinching patrols of the North and Irish seas, the Strait of Dover, Russian waters, and the Indian Ocean.—Ex.

WORLD IS FACING FAMINE IN LUMBER

CHICAGO, April 23.—Roger E. Simmons, who was sent to Russia in 1917 as a member of a United States Government commission to study the lumber situation in the war devastated countries and who was taken prisoner by the Bolshevik Government and at one time sentenced to be shot, told the legislative commission investigating high price for building material that the world was facing a lumber famine.

Prices of lumber, he said, were certain to rise in the next few years because of the unprecedented demand which would come from the reconstruction of the war-stricken regions of Europe. The major portion of this lumber, he said, would have to be supplied by the United States and Canada.

Canada already had received an order from the British Government for one billion feet of lumber, while this country has received orders for one million feet of oak from England and twenty shiploads of lumber from Italy.

Mr. Simmons said Russia, which before the war exported 52 per cent of the world's lumber supply, would not be in a position to cut lumber until five years after the Government had been stabilized and order restored. Austria and other countries which exported lumber before the war are in a similar position, he said, so that the present burden in supplying this commodity would have to be borne by the United States and Canada.

England, Mr. Simmons said, had subsidized a corporation to erect saw mills in Siberia to supply the home needs of that country. Great Britain recently called on its citizens immediately to build 800,000 homes for returning soldiers and sailors, the Government agreeing to refund 75 per cent of any differential cost between to-day and five years from now.

Replying to questions regarding the future of Bolshevism in Russia, Mr. Simmons said: "Bolshevism is like a scourge which must run its course, I believe that eventually it will fall because of its brutal injustice and immorality. It is the greatest menace to real democracy that the world has ever seen."

Chicken and Potato Pie.

Line a greased mold with nicely seasoned, hot, mashed potatoes, to a thickness of about one and one-half inches; fill up the dish with creamed chicken, put over the top another crust of the mashed potatoes. Bake in a hot oven for fifteen minutes.

DIFFERENT DRESSINGS DELICIOUS FOR SALAD.

It is easy to get into a "rut" with our food. Changes are necessary to keep up the appetite. Greens should be used as often as possible. Try these two salad dressings on crisp shredded cabbage or plain lettuce.

Mix together two tablespoonfuls of thick tomato catsup, strain juice of half a lemon, saltspoonful of dry mustard, salt and pepper to taste; arrange the greens, put the dressing over it; serve cold.

The second dressing is equally good, but a trifle richer.

Mix together thoroughly one table-spoonful of peanut butter, one-quarter of a teaspoonful of dry mustard, salt and pepper to taste, strained juice of half a lemon; let stand half an hour to ripen; if too thick add more lemon; arrange greens on a dish attractively; put the dressing over by spoonfuls; serve cold; these are revelations.

GARDEN SOIL

Test your garden soil for acidity. Procure a dime's worth of blue litmus paper at a drug store. Make a slit or incision in the damp soil, put in paper two-thirds its length and leave it for a half hour. If the change of color is to red or deep pink your soil needs heavy liming. If there is no change of color liming will be of little value.

If grade soil is heavy, or "hungry"—that is, harsh and lacking in humus—give it plenty of well rotted stable manure. Nothing could be better. If the soil is in excellent physical condition bone meal with the addition of a little potash will supply the plant food necessary for any ordinary crop of plants or more annual growth.

SOMETHING IN YOUR EYE.

Foreign bodies in the eye, if they have not penetrated any part of the eyeball, are best removed by pulling the lid away from the eyeball with the fingers, so that the tears will flow and wash the particle away. Never rub the eye. When the eyeball is penetrated you cannot see an oculist too quickly.

OHIO HORSE HISTORY.

By W. H. Gecher.

Ohio occupies a unique place in light harness racing through having given the turf five champions before very much breeding was done in the state, while at a later date it placed the acid stamp of merit on its products by contributing Cresceus, the only trotting stallion that became a world's champion.

Pocahontas broke the ice for the buckeye state in 1855, when she won a wagon in 2:17½. She was followed by Yankee Sam, 2:16½, in 1869, Sleepy George, 2:15, in 1873, and her grandson, Sleepy Tom, 2:12¼, in 1879. Smuggler also appeared in the seventies, when his mile in 2:15¼ at Hartford gave him and Marvin a national reputation.

Nothing is known of the breeding of Yankee Sam or Sleepy George, but Pocahontas, Sleepy Tom and Smuggler, as well as Shanghai Mary, the tap root of the Electioneer family, trace to Iron's Cadmus, whose sire was one of the horses which the Virginia soldiers brought to south Ohio after the revolution. Hiattogs also came from the same source, which with the Morgans in the Western Reserve were the foundation stock of the state.

Brown's Bellfounder, the only son of imported Bellfounder that made a mark in the work, Mohawk, and Merring's Blue Bull were the next additions. The reputation of Bellfounder rests on the descendants of Belle Lupo, the gradum of Belmont, while the Mohawk trotters spread all over Central Ohio from Knox County. Merring's Blue Bull also known as Ohio Farmer was located in Butler County, where he got Pruden's Blue Bull. He was the sire of Wilson's Blue Bull, the horse that put the speed spark in the Indiana trotters.

The Hambletonian family contributed New York, Rysdyk and Alert, while C. F. Emery, encouraged by his success with Parana, went to Kentucky and purchased King Wilkes, Wedgewood, Monaco, Hermes, Nugget and Connaught. Also at a later date he strengthened the Forest City



"Is this the genuine Dr. Chase's Nerve Food?"

"Yes, madam, we do not offer substitutes, nor do we believe there is anything to take the place of this great nerve restorative."

"WELL, it has been so strongly recommended to me that I do not want to make any mistake in getting the right medicine."

"You are not making any mistake in this, for we think too much of our reputation to try to talk you into taking something else."

"Do you sell much of Dr. Chase's Nerve Food?"

"It is one of our largest sellers, and gives such universal satisfaction that it is a pleasure to recommend it to our customers."

But do you know of cases in which it has actually cured people of sleeplessness, headaches, irritability and nervousness?"

"Scores of them, madam. Some people never say anything about the medicines they buy, but scarcely a day passes that we do not hear of some case in which Dr. Chase's Nerve Food has effected a cure. It is also great for anaemia, and all ailments arising from a thin, watery condition of the blood."

"Well, I am going to try it. How much is it a box?"

"Fifty cents a box, or six boxes for \$2.75. Better take the six, for you save a little on the price, and you need that many to give it a fair trial."

"Do you think I will?"

"Oh, yes, the process of building up the nervous system is necessarily slow. You will no doubt feel benefited after the first box or two have been used, but too many make the mistake of neglecting the treatment then instead of keeping on until the nerves are fully restored."

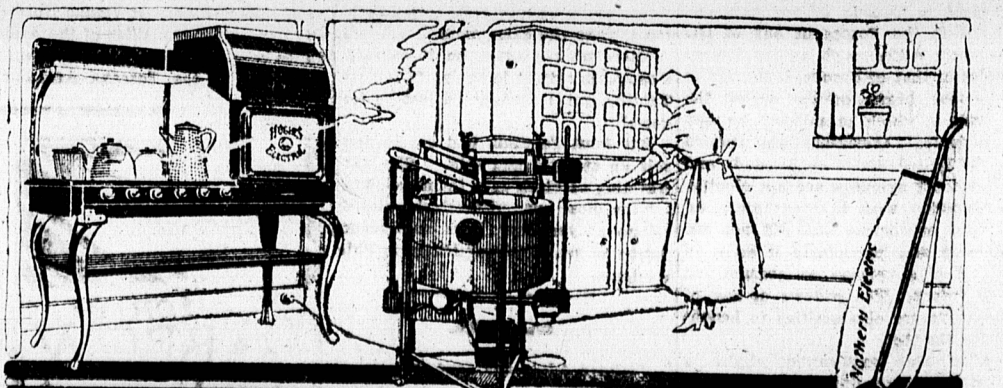
"Do me up the six boxes, then, for I hear of so many people being benefited by using the Nerve Food that I am going to give it a thorough test."

If your dealer does not have Dr. Chase's Nerve Food in stock, write direct to Edmansson, Bates & Co., Ltd., Toronto.

Fern stud by selecting Brown Wilkes and Patron. All of them got speed but none of them approached the showing of Elyria, the son of Mambri, no King—that put Lorain County on the map of the horse world and proved the only century sire of trotters that made his reputation in Ohio. Wilton, another century sire, was located at Circleville during the last few years of his career, while Bobby Burns, the banner bearer of Washington Court House, by including pacers runs up to one hundred and forty-four performers, and Norval, who was located at Lima, to one hundred and fifteen.

No survey of the state would be complete without a reference to Robert McGregor, who got Cresceus while he was located at Toledo where he died, or Osgood's Patchen, that stood near the Michigan line and got the splendid race-mare Nightingale who is now represented on the turf by Miss Bortha Dillon and Harvest Gale, through her son Baron-gale. To these it is also necessary to add the names of Bayard, Atwood, Pilot Wilkes, Stillson, Wilkie Collins, Tom Rolfe, Star Pointer, Tom Rogers, Gold Leaf, Nutwood Wilkes, Highwood, Edgell, Ambassador, Olcott, Axworthy, and Newton's Allie Kilkes, while Williamson's Belmont and Simp-

son's Blackbird, two of the foundation sires of California, were bred in Ohio and taken across the plains by those who followed the forty niners.
Racing has always kept pace with the breeding interests in Ohio and of late it has increased in volume, the returns for the past three years showing that out of three thousand and sixty-five meetings reported in North America, three hundred and forty of them were held in Ohio, the returns for 1916 being one hundred and twenty, for 1917 one hundred and seventeen, and last year one hundred and four, over twelve per cent of the eight hundred and fifty-eight reported.



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- Northern Electric Vacuum Cleaner** — Means a cool kitchen, better cooked food, and lends an air of refinement to the kitchen. We are proud of this Range and we want you to own one.
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Ask your dealer to demonstrate these lines. If he is unable to supply you, write our nearest house, giving his name and address and we will see that you are promptly served.

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Grape-Nuts

No flavor like it, and no cereal flavor quite as good.
Children love it.

Children love it.