



100,000
Careful
Canadian
Women

Endorse it
Practically
By Using it Daily.

It is particularly a High-Class Baking Powder. Made from Chemically Pure Cream Tartar and Soda. Absolutely Free from any Injurious Ingredient.

Pure Gold Baking Powder Never Fails.

Pure and Sure.

If you have never tried it, send your name and address to **PURE GOLD MFG. CO., TORONTO**, and get a sample tin by return mail.

ALL FIRST-CLASS GROCERS. IN TINS ONLY.

The Alpine Dairy Company

*Phone 4450

639 Yonge St., cor. Isabella

Two Daily Deliveries

Pure, Rich Milk,
in
Sealed Bottles

Delicious Cream
Whipping Cream
Buttermilk

Choice Creamery Butter

The Alpine Dairy Company

BEST
Coal and Wood



CONGER COAL CO. LTD.

6 King St. East

Branches Throughout City

Raymond Sewing Machine

Elegant, light running, and all latest improvements. Supplies of all kinds on hand.

Raymond Office, 256 1/2 Yonge St

IN THE HOUSEHOLD.

[Conducted by MRS. JEAN JOY, graduate of Toronto School of Cookery, and pupil of Technological Institute, Massachusetts.]

One of the most difficult tasks a house-keeper has to perform is to plan for the three daily meals—breakfast, dinner, and tea—so that there may be sufficient variety and yet keep the quality of food uniform. We all know the monotony of the query, "What is to be for dinner to-day?" and the despair one feels to realize that the same question will have to be answered to-morrow and yet again to-morrow. Even if it is not feasible to do one's marketing at a large market, still, an occasional visit to one is a great help in reminding one of what is in season, and also of those many little things which are apt to escape our memory.

Ready-made menus are unsatisfactory as a whole. As no one can arrange for another person's household; but, as they are sometimes a help in suggesting things, I will give you a simple one for one day, hoping that it may at least help a few fellow-sufferers:

BREAKFAST.

Oranges.
Oatmeal porridge—Cream and sugar.
French fried potatoes. Pan broiled mutton chops.
Breakfast muffins. Dry toast.
Coffee.

DINNER.

Cream of tomato soup. Croutons.
Blanquette of bullock's heart. Duchess potatoes.
German roth kraut. Celery salad.
Carrot pudding—Clear sauce.

TEA.

Fancy roast of oysters. Graham bread and butter.
Orange charlotte. Rose cake.
Tea.

OATMEAL PORRIDGE.

1/2 cup of rolled oats.
1/2 teaspoon salt,
1 pint boiling water.

Pour the water into the upper vessel of a double boiler and place it directly on the stove; then sift in the oatmeal, add the salt and boil for two minutes. This effectually starts the cooking. Then put the upper vessel into the lower and cook for three hours. The water in the lower vessel should boil during this time and will occasionally need replenishing. Porridge is always best made the day before it is needed, as long boiling always improves the flavor of oats and makes them more digestible. Oatmeal, when there is no objection to its use, is one of the most valuable nutrients we have, furnishing more for the money than almost any other food, being particularly rich in protein, or muscle-forming matter.

FRENCH FRIED POTATOES.

3 or 4 potatoes.
1 saltspoon of salt.
1 pinch of white pepper.
Fat for frying.

Peel the potatoes and cut each potato lengthwise into six or eight pieces, about the size of the natural sections of an orange. Wrap these up in a clean dry cloth. Heat some lard or cottolene in a saucepan, have it about four inches deep. When it comes to the boil, which is when the fat is perfectly still, and not before, plunge in the pieces of potato and fry them until they rattle and are a nice golden brown color. Strain well, dust them with the pepper and salt, serve in a very hot dish. They will require from twenty to thirty minutes to cook.

(Continued on page 22).

A NEW CYCLE SCHOOL.

The other morning we went into the Remington Cycle School that has recently been opened above McDonald & Willson's, on Yonge street. It is a spacious apartment, 40 feet wide by 140 long, whose gayly decorated walls and shining hard wood floor give one rather the impression of a ballroom than of a place given over to the use of those who fain would master the (to a novice) unexpected amblings of the "silent steed." The establishment must be a boon to those who wish to learn, and ladies especially will appreciate the opportunity. No more stealing away in the dusk of evening to a conveniently quiet, asphalted street, accompanied by supporting friends and some devoted man who has undertaken to "teach you how." No more sad processions coming home with a battered wheel and a bruised and disheartened girl. With the practical assistance of the polite instructor, a very few lessons will enable one to ride gracefully and well, and the first appearance in public will be robbed of all that uncertainty of movement which, in time past, has made it so interesting a sight for the neighbors. Some pupils acquire the art in three lessons, while for the moderate sum of \$3 they guarantee to teach even the most backward and nervous of learners, giving as many lessons as may be required. This amount is deducted from the cost of your bicycle should you buy from their firm within a year, so that practically the lessons cost nothing and you run no danger of injuring a new wheel by learning on it. Cycling is so universal nowadays that, whether one is the fortunate possessor of a bicycle or not, it is a wise thing to learn to ride—even though you may have no present prospect of owning one. The ability once gained is never afterwards lost, as any rider can tell you, and may be of great convenience; or the source of much pleasure, under circumstances that one may not at present foresee.

Does This Interest You?

We have removed our business from 63 1/2 King street west to more commodious premises at 81 King street west. We are the only well-known retail firm in Toronto doing business in ease, Coffees and Cocos exclusively. We can assure you that our reputation as purveyors of high class products will in the future be adequately maintained, while our added space and conveniences will enable us to give even better satisfaction than heretofore. Mr. H. P. Mullen has recently been admitted as a member of the firm. We hope to receive your continued support, and will be glad to have your orders. We remain,

Yours faithfully,

HEREWARD SPENCER & CO.