

# Housekeeping, Gardening, Fashions and News of Interest to Women

## THE STERLING BANK OF CANADA

### Save, Because— No. 55

There is a very close connection between a substantial savings account and a comfortable old age.

Head Office, Cor. King and Bay Streets, Toronto  
Branches—Adelaide and Simcoe streets, Dundas and Keele streets, Queen St. and Jameson Ave., College and Grace streets, Church and Wilton avenues.

## EFFICIENT HOUSEKEEPING BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

### Celebrated Recipes

GOOD living and deep thinking have ever gone hand in hand. Away with thin blooded philosophers with faces set against good things to eat. Benjamin Franklin said "You cannot get blood from a turnip" after he had given vegetarianism a fair trial and returned to his mutton, and the ripe old age that he enjoyed he attributed to porterhouse steaks and their delicate accompaniments.

A dish that Franklin brought back to America from France he called "Little turkeys." It is pork tenderloin cut thru the middle, but not in half, and filled with the same rich dressing that you would use for stuffing a turkey. Sew or tie together, roll in spiced flour and bake 20 minutes in a hot oven, in a shallow pan with enough water to cover the bottom. Make a rich cream gravy from the liquid drippings and pour a little over each "turkey." Serve with baked spiced apples.

Other recipes from the cook books of famous families are the following: Queen Victoria's potage à la Reine.

One quart of rich chicken stock freed from fat, season highly with onion, salt and pepper. Crush the yolks of three hard-boiled eggs fine and mix them with a cup of rolled sifted cracker crumbs. Chop the breast meat of the boiled fowl until it is a soft paste and add it to the egg and cracker mixture. Add a pint of cream and then press all thru a sieve into the hot soup. Stir and if, after a moment's cooking it is too thick, thin with cream.

Mark Twain's famous potted fish: Use about four medium-sized mackerel or a three-pound catfish. Remove the flesh from them without cooking; pick out the bones and pack the pieces of meat in layers with the spices and salt sprinkled between and completely covered with vinegar. The seasoning to be used is one-third of a cup of salt and an equal quantity of whole spices—cloves, peppercorns and allspice, in equal proportions, cover closely with a snug-fitting lid and cook in a moderate oven about two hours. Remove the lid until cool, then re-cover and keep in a cool cellar or refrigerator. This is a splendid relish.

If Dr. Wiley had ever tasted Mother McKinley's oyster fricassee, he would never have enquired if oysters had feelings. He, like the rest of us, would have waived sentiment and swallowed the molluscs.

She rolled the oysters in flour and browned them in butter, and when they were fried to a turn, poured hot cream over them. In a moment the cream was thickened and the whole was served with diamonds of buttered toast and accompanied with fresh crisp celery.

A person may dine out twice a week thruout the year and not encounter more than one loaf of good corn bread in all that time, nevertheless it contains the essential elements of good living, and is as wholesome as delicious.

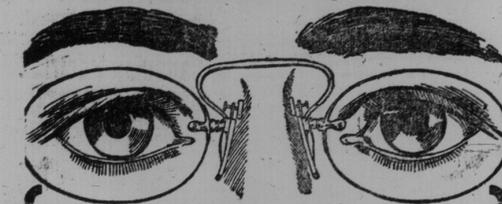
Pocahontas' own recipe was used by the colonists, and here it is: One open fire, a stone griddle, coarse ground Indian corn meal. Salt the meal and wet it with boiling water. Beat until smooth and add a little melted fat. Pour in cold water until the batter is the right thickness. Cooked on a griddle greased and smoking hot, and fry in little cakes. Cooked on a modern range these same corn cakes, served with the hunger sauce best known to early settlers, are the best things known to satisfy an appetite, especially if there is ample supply of butter and a deep pitcher filled with maple syrup.

Australia's co-operative industries span 2700 feet long is proposed for the Mersey River at Liverpool. Ostriches and alligators are raised in incubators in South Africa.

A suspension bridge with a main span of 2700 feet long is proposed for the Mersey River at Liverpool.

Ostriches and alligators are raised in incubators in South Africa.

## GROWDS ARE FLOCKING TO THE AMERICAN SPECIALISTS



### Special Offer This Week

Gold Shell Frame FREE with our Duplex Perfect Vision Lenses, which We Sell This Week for \$1.85.

Hundreds of Satisfied Customers  
No Mail Orders Filled  
Printed Guarantee Given with All Our Work  
Children's Eyes Especially Cared for

Dr. J. W. ... We have by far the most expensive series of instruments for testing the eyes ever used in Toronto. We have revolutionized the optical business and are optical specialists exclusively, making the eye and its needs our study. We especially invite those who have been improperly fitted elsewhere to take advantage of our skilled operators without charge. Do not buy glasses of miscellaneous dealers; your eyes are too precious to be tampered with by any but the most expert. It costs no more, and will save your sight. Cross eyes are straightened without the knife, and falling vision restored. Come in the morning and avoid the rush.

## ROYAL OPTICIANS

7 Richmond St. East  
Hours 9 to 7:30 this week; Saturday till 6 p.m.  
Prescriptions, Prismatic and Compound Lenses at Greatly Reduced Rates During This Sale.

## LOTS OF MONEY IS BEING SPENT

Toronto People Must Be Prosperous, Judging by the Stores.

## BEST KIND OF CLOTHES Men and Women Alike Are Purchasing Expensive Garments.

Never since the time that Toronto was Muddy York until now has there been such a brave showing of clothes and material for sale, as are now displayed in our dry goods, millinery and tailoring establishments. And never, perhaps, have people been so keen on the subject of garbing themselves in the latest and best as they are at present. Yesterday afternoon, despite the rain, shoppers swarmed about the counters, and between the showers they oftentimes made futile attempts to get from one big store to the other. Some caught in a heavy downpour were forced to seek shelter in the buildings, where they formed a solid and living evidence of the interest taken by our citizens in shopping.

Any part of Europe, so we are told, is cheaper to live in than Toronto, and no portion of America, not even excepting New York, Chicago and the other large centres, is more expensive. Yet our people live and live well, and in proportion to our numbers, slums and slum-like tenements are by no means an overwhelming element. That there is a market for the gorgeous and elaborate fabrics shown in our shops is a foregone conclusion. The magnificent brocades and velours, the high-priced alpines, the costly fur and rare laces which buyers now collect from foreign markets for the purpose of catering to Toronto taste, will all be seized upon during the next few weeks, and in the coming season our society functions will display a richness greater than that of any season in the past.

Now this could not be done if there were not money wherewith to do it. Merchants are far too wary to fill up their shelves with the costliest things in the foreign markets if they were not pretty certain of a prompt sale on this side. The money stringency so much talked about is not affecting our lares and penates to any appreciable degree.

Another proof of our prosperity is the number of insured men and women who are apparently in a position to take their case with the utmost care to what tomorrow or the more remote future has in store. Go into any theatre during a matinee, a night performance or a grand opera, and you will find it filled to its capacity. The majority are women. It is true, the men form a goodly proportion, but they are generally well-dressed, and all men and women alike, give evidence of perfect freedom from all the cares and anxieties which generally surround the accompaniments of money stringency, or what is more familiarly termed "hard times." Autos are being bought in more numerous numbers and out of all proportion to the narrowness of some of our earlier streets, the framers of which assuredly had no inkling of the horseless machines which should some day turn their corners with such rapid, noiseless curves.

"All's Well." The cooler wave of the last few days has brought out another evidence of our prosperity. The old may cry out as our city's motto, "All's well." Great drays piled with bags, which in turn are piled with coal, are drawn up to the houses and from them men are replenishing the cellars, so that no nip of Jack Frost even in his earliest reminders may be felt by our comfortably-housed citizens.

Still another sign of well-being is given us in the number of young people who are even now on the ocean, sent by papas and mammas with well-filled purses and ambitious ideals, to continue their studies in the schools and studios of the older land, where fashion, if not always result, stoutly maintains that better education may be found in store for those who seek them.

Yes, we are glad to acknowledge that the much-talked-of "stringency" has not affected our homes, and that Toronto is still the best place in the world to live in, even the we must admit that our living is at a very high cost.

## WILL TOUR THE DOMINION.

"Made-in-Ireland" Train to Have Ten Sample Cars.

LONDON, Sept. 16.—(C.A.P.)—The Canadian Associated Press understands that a "Made-in-Ireland" train, under the auspices of the Irish Chamber of Commerce, is about to tour the Dominion. Specimens of Irish manufactures will be transported from Belfast to Quebec by way of the Empress steamers from Liverpool. At Quebec a C.P.R. train, consisting of ten sample cars, will be fitted up with exhibits from the three transcontinental railways, as far as Calgary, returning via Montreal and St. John, N.B. At the latter port the exhibits will be restocked for Liverpool and Belfast. The round trip is estimated, will cover about 12,000 miles, and will average from 75 to 80 days. Arrangements have been made with the C.P.R. that the cost of each car shall include all expenses of the entire trip from end to Belfast, including maintenance charges for the four attendants allowed to each car.

The Grand Trunk Railway System have added to their equipment nineteen Mikado type locomotives and five steel mail cars, which have been distributed for service on different parts of the line in Canada.

### The NURSERY CONDUCTED BY Elinor Murray Child Culture.

How many mothers with little babies realize how great a part they play in forming their children's characters and developing their intellects? Perhaps you think it strange that I talk to you of educating your 18-months baby, or of training the instincts of your 3-year-old boy. The physical welfare of babies is now a recognized study, and every mother in every station of life is intensely interested in learning to keep her baby well and make his body fit for life's struggles. Every mother realizes that the health and strength of maturity depend upon her watchfulness over the early growth. I wish we all attached as much importance to the development of character. Until Froebel's time scarcely any thought was given to the right or wrong training of a child's natural instincts. People never dreamed that a baby's impulses had anything to do with his future character.

Your little one has often started you by an action or a word. For a moment you puzzled over it or laughed over it; and probably you recalled it in the evening and told Daddy. But that was all. It did not come to you that the instinct that prompted the action or speech was worthy of serious study. One of the greatest lines of the world's work lies before every mother: the understanding of little children in order that they may be properly trained. It demands the hardest work, the broadest understanding, the most complete self-control—but it gives you back a wonderful insight into things worth knowing, into human nature, such as no other study can give.

## GOOPS



I like to see a child who stays unmoving, while one sings, or plays. But Goops like Jacob Epitaff will fret and fidget, talk and laugh! I can't enjoy the music—neither Can I enjoy young Jacob, either!

## Don't Be A Goop!

According to the report submitted to the annual meeting of the Durban (South Africa) Chamber of Commerce, on April 15, there were 12 whaling companies at work during the year 1912 on the south and east coasts of Africa, mostly on the east coast. The five Natal companies captured 984 whales last year.

## How You Can Have Smooth, Hairless Skin

(Beauty Culture.) Here is an effective and harmless treatment for removing hairy growths from chin, lip or cheek and which can be used in your home. With powdered delonite and water make enough paste to cover the hairy surface, apply in 2 or 3 minutes run off, brush the skin and the hairs are gone. This leaves the skin smooth and free from blemish.

## Letter from Buckingham Palace

The Columbia Phonograph Co., 770 Broad St., New York City, N.Y.

Dear Sirs: Please accept our warmest congratulations on the receipt of your Double-Disc Records. It is a pleasure to have your records, and we are sure that you will find them to be of the highest quality. We are sure that you will find them to be of the highest quality.

## Columbia

ANY of the following Columbia dealers will deliver a complete outfit for free trial in your home. Have it sent out for tonight. Models at from \$20 to \$650. Columbia Double-Disc Records cost 85c for two standard selections. They fit any machine. Be sure to send for free catalogue and a free sample record worth 85c. (10c to cover cost of handling).

The Columbia Company is compiling a list of names of all disc instrument owners, to whom they will send interesting Talking Machine literature free every month. Send your card to Advertising Department, Columbia Graphophone Co., 365 Sorauren avenue, Toronto.

Dealers wanted where not already represented. Apply to the sole selling agents, MUSIC SUPPLY CO. (Wholesale only), 88 Wellington street west, Toronto.

Columbia Graphophones, Grafonolas and Double-Disc Records can be obtained from the following Toronto dealers:

- Adams Furniture Co., City Hall Square.
- J. G. Abel, 76 Queen Street West.
- Baldwin & Co., 1708 Dundas Street.
- Bonlevant Music Co., 231 Roncesvalles Avenue.
- Burnett Grafonola Co., 9 Queen Street East.
- T. Claxton, Limited, 803 Yonge Street.
- Glenford Piano Co., 346 Yonge Street.
- T. Gregory, 587 Bloor Street West.
- T. Eaton Co., Music Dept., 5th Floor.
- Imperial Music Co., 291 Parliament Street.
- Mulholland-Newcombe, Limited, 313 Yonge Street.
- Robert Simpson, Limited, Music Dept., 6th Floor.
- F. Taylor, 102 Main Street, East Toronto.
- J. M. Whiting, 1190 St. Clair Avenue.
- J. M. Whiting, 1886 Queen Street West.
- H. W. Wade, 935 Queen Street East.
- West End Phonograph Co., 506 Queen St. West.
- Whaley, Royce, Limited, 237 Yonge Street.

## THE GARDEN CONDUCTED BY RACHEL R. TODD M.D.

## Scillas.

The scillas are all great favorites. In fact, if we except the snowdrop and the crocus, there are no bulbous plants more familiar or more vastly appreciated than these same squills (another name for scillas).

They make a bold and beautiful show no matter how they are used. Every species differs from both in the size and form and color of the flower and disposition of the flower spike. One sort sends up a hardy shaft bearing from six to eight brilliant single and double bells, another variety produces scores of dazzling sky-blue stars, each star on a single stalk, still another sort proudly rears aloft a noble trunk of darkest blue.

Bell-like, ball-like, star-like—the colors ranging thru all the tints of blue from the faintest lavender to blue-black balls; some striped, some spotted, and some tipped. What a feast of color and form! Scilla sibirica is a favorite beauty. It is a large bulb, comparatively speaking, which sends up dozens of star-

## LADIES

Have your Beavers, Velour or Felt Hats cleaned, dyed, blocked and re-modelled at NEW YORK HAT WORKS 566 Yonge Street 1361st North 5165

public men and held up Henri Bourassa as a model of perfection for the students to imitate. He also said there were only four good newspapers to read—The Devoir, La Croix, La Verite and L'Action Sociale.

## MUST WORK TOGETHER.

French and Spanish Interests in Africa Demand Close Collaboration

PARIS, Sept. 16.—(Can. Press.)—The French Review, a publication devoted to Franco-Spanish interests, today published an article by Foreign Minister Stephen Pichon, recalling the historical association of the two countries which are so situated geographically as to permit close collaboration.

## FR. PLAMONDON RETRACTS

QUEBEC, Sept. 16.—(Can. Press.)—Father Plamondon, who preached a retreat last week to the students of Laval University has raised a controversy in political circles. In one of his lectures to the students in the Quebec seminary chapel, he spoke on the worthlessness of

## Old Dutch Cleanser

Many uses and full directions on Large Sifter-Can 10¢



NE  
BIG LEGA  
ON AT  
City and R  
Horns on  
cellatio  
BRANTFORD  
The City of  
menced a legal  
Railway Comp  
of the 50-year  
covery of \$20,00  
which promises  
days, is being s  
ties Meredith.  
An array of  
of the different  
Henderson for  
Watson, K.C., S  
bitt, K.C. and J  
the trust compa  
The city ac  
agreement mad  
way Company  
that the city is  
Dylan was  
which he stated  
with  
Today the m  
submitted was  
had been sold  
is expected th  
the case it w  
bonds were dis  
nection a scan  
of certain pas  
company is pr  
that there is n  
no  
Also the cit  
ing the franchi  
out that the  
take possession  
running rights  
pleas tieup of  
citizens would  
way, altho this  
of a strong eff  
municipal own  
way, altho this  
line between he  
GUELPH C  
IS A  
Entries Above  
—Fine Sh  
AN  
GUELPH, S  
The Guelph C  
morning. The  
classes are well  
abounding of  
breeds are repr  
its origin  
sheep there are  
center and Dou  
nent, but pract  
In the poultr  
exhibits are of  
The classes are  
well above the  
Ontario Agric  
most unique of  
owners on exhib  
trial Farm has  
factured at the  
the  
FREIGHT MO  
GUELPH, S  
horse killed, an  
and the driver  
lost were the  
peculiar accid  
avenue. A wa  
Jail furniture  
city, who had  
powerful freigh  
loaded car,  
tracks, and he  
turned off and  
over to the sid  
thru the horse  
SPURIOUS  
MA  
Discovery  
Den Foll  
Fo  
NEW YO  
Press.—The s  
letters—ten, wh  
and confessed  
her, today she  
him to make  
detectives, Cor  
visitors to his  
express the op  
will develop  
only one of his  
stated it as d  
believed that  
feigning, ins  
thought-out pl  
mal mind.  
To the Rib  
lain of the To  
other callers,  
street in with  
connectives fo  
gold certificate  
Mure  
Dr. Ernest  
at arrested la  
paid upon the  
day was held  
ing on the cha  
state law, ad  
law, Muret for  
federal secret  
to arrest him  
counterfeit  
examinatio  
ing at least  
ous charge.  
Inspector J  
relative, if n  
sold the inspe  
merely a  
firmly be  
said, "that he  
found to co  
that these tw  
friends, that  
The inspecto  
continue his i  
ser and the c  
of Schmidt a  
striking resu  
ings and mu