

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.

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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 porthouse 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 half 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. Pack in an unglazed stoneware jar (as the vinegar destroys the glaze), 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 through 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. Have the fire 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.

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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 was there 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 as keen on the subject of garbing themselves in the latest and best as they are at present. Yesterday afternoon, despite the rain, shoppers were lined up about the counters, and between the shelves they oftentimes made futile attempts to get from one big store to the other. Some caught in a heavy downpour were forced to screen themselves as well as might by back against the buildings, where they formed a solid and living evidence of the interest taken by our citizens in shopping.

Any smart 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 conditions 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 alpacaes, 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 stock with the costliest things in the foreign markets if they were not pretty certain of a prompt sale on this side of the water. 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 leisured men and women who are apparently in a position to take their leisure with ease without any sense of worry. The money stringency so much talked about is not affecting our lares and penates to any appreciable degree.

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The NURSERY
CONDUCTED BY
Elino 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 startled 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.

Perhaps the easiest way to have you understand the importance of early training and the lasting effect of early impressions is to quote again the following facts which place the study of child-culture upon the broad basis of a science.

First: The child bears within himself instincts which can be trained upward or downward. Second: These instincts give early manifestation to their existence. Third: The mother's loving guidance can be changed from uncertain instinct into unhesitating insight. Insight makes the mother stand invincible for her child's right to be properly brought up.

GOOPS
By GELETT BURGESS
JACOB EPITAFF

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 talcum and water make enough paste to cover the hairy surface, apply and in 2 or 3 minutes rub off. Then wash the skin and the hairs are gone. This leaves the skin smooth and free from blemish.

To make eyelashes grow long and curly, apply pyroxin at lash-roots with thumb and forefinger, and for thin eyebrows rub on once on occasion. This causes them to come in thick and glossy. Be careful and don't get any pyroxin where no hair is wanted.

A Letter from Buckingham Palace

The Columbia Phonograph Co.
7700e Building,
New York City, N.Y.

April 2, 1913.

Sir,

Please accept of our warmest congratulations on the success of your Gramophone records. It is a pleasure to know that your records are so popular and that they are being used in the Royal Household. We are sure that your records will continue to be a great success.

Yours faithfully,
The Duke of Devonshire,
Secretary to the King.

No wonder that Royal approval is given such royal music. Name the Masters of music—Ysaye and Paderewski on the violin; Hofmann and Scherwenka on the piano; Bonci and Garden in Grand Opera and you name but a few of dozens of the most famous artists who make records exclusively for the COLUMBIA. Send for catalogue and interesting booklets. Or better still, come and hear your favorite music on the new GRAMOPHON. COLUMBIA records fit any machine and the GRAMOPHON plays any disc record—without exception.

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, Gramophones 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.
- Bonlevard Music Co., 231 Roncesvalles Avenue.
- Burnett Gramophone Co., 9 Queen Street East.
- T. Claxton, Limited, 303 Yonge Street.
- Glendon 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, 1100 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 snowdrops 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 truss of darkest blue.

Bell-like, ball-like, star-like—the colors ranging thru all the tints of blue-black balls; some striped, some spotted, and some tipped. What a feast of color and form!

Scilla siberica is a favorite beauty. It is a large bulb, comparatively speaking, which sends up dozens of star-shaped flowers in color an intense royal blue, each flower borne on a single slender green thread of a stem until the dark green foliage is actually flower hidden making a great blotch of color from one to two feet in circumference.

No living soul can ever forget that living blue. The bloom remains, day after day, unchanging, for many long weeks.

A splendid combination is a bed of snowdrops framed with winter aconites, finished off by a double row of scilla peruvia, whose sturdy trusses line up in rich blue—a lovely picture.

These scillas should be planted now. In the rocky in small circles cut out around the tree trunks along the borders of the garden walks—there are plenty of spots where these scillas may be planted, and left in undisturbed possession for some years.

These scillas, remember, are March flowers—that means a very early show of buds, do not forget.

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 in Africa.

He says that "it is only when France and Spain disregard this historical fact that clouds came between them."

M. Pichon appeals especially for close collaboration in Africa.

FR. PLAMONDON RETRACTS
QUEBEC, Sept. 16.—(Can. Press).—Fr. 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 worthiness of

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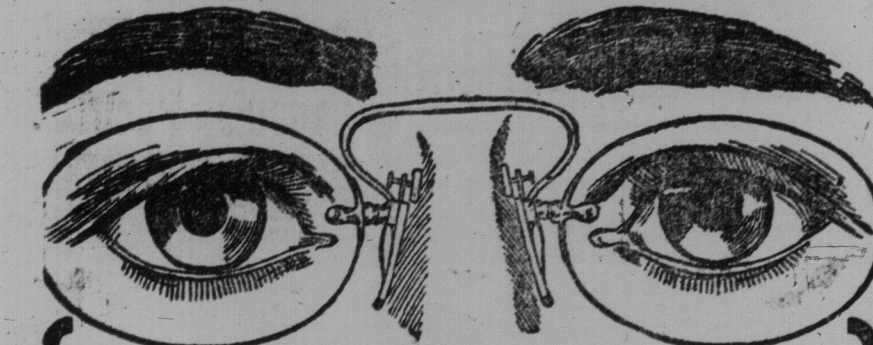
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CROWDS ARE FLOCKING To the American Specialists



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

Day after day hundreds of satisfied customers are appreciating the giant strides the science of optics has taken in the last year, as exemplified by our Duplex Perfect Vision Lenses.

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.

WE SELL NO FICKLES OR JEWELRY.

ROYAL OPTICIANS
7 Richmond St. East

Hours 9 to 7:30 this week; Saturday (ill) 9 to 2 p.m.
Prescriptions, Prismatic and Compound Lenses at Greatly Reduced Rates During This Sale.

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