

IMPORTANT NOTICE!

WORKING MEN, ATTENTION!

Be very careful where you buy Insurance for yourselves or your families! There is a great deal of difference between the Policies of the Sun Life Assurance Company of Canada and those of other Companies; more than you have any idea of.

For instance: The Sun Life 20 year endowment for children costs less and gives nineteen dollars more on every \$100 of Insurance.

The Bonuses or Profits are guaranteed on small policies as well as large.

—Write a Post Card to—

ALFRED B. CHARLES, Supt. Thrift Dept.

SUN LIFE ASSURANCE COMPANY OF CANADA - 72 Queen St. W., Toronto, Ont.

MARY'S LITTLE SHOP.

Mary had a little shop
To help her on life's way;
Honest toil found fit reward,
And it began to pay.

"How's biz?" the landlord blandly
asked,
And Mary was imprudent;
She never guessed the landlord was
An economic student.

But Mary's landlord's eagle eye
Was watching how things went;
When the 24th of June came round
He doubled Mary's rent.

The imposition staggered her,
But what could Mary do?
Subsistence bare is the tenant's share,
All else the landlord's due.

So Mary kept on as before,
Improving as time went;
And step by step with increased trade
The landlord raised the rent.

And thus the merry game went on,
Till Mary's life was spent;
As fast as God could prosper her
The landlord raised the rent.

FOR NON-UNION MEN.

Why They Should Join the Ranks of Organized Labor.

J. J. McPhillips of the Pattern Makers' League has prepared and had printed upon cards for distribution among the unorganized men of his trade a list of "Don'ts" which tells the union story in most convincing manner. The points brought out are applicable to every non-union workman, no matter what his trade. Here are Mr. McPhillips' "Don'ts."

Don't condemn the labor movement because you know of "objectionable features." Every human institution has some imperfections.

Don't forget that organization increases wages and shortens the working day, making work steadier.

Don't "wait for the others" to join. They are waiting for you. Be a leader, not a follower.

Don't forget that the more bitterly the employer opposes labor unions the more the employe should support them. There's a financial reason why.

Don't shirk the moral obligation to do all you can to uphold the dignity of your trade—to elevate the standard of living.

Don't forget that the vast majority of your trade is organized. What is good for the majority is good for the minority.

Don't be blind to your own interests. Unionism helps all workmen and all society.

Don't let so called "independence" prevent you from being unselfish and fraternal. We are all more or less dependent on some one or something. "No man stands alone." Get closer together.

Don't forget that carpenters, bricklayers, plasterers, stonecutters and hod-carriers receive more for eight hours' work than pattern makers do for ten hours' work and don't forget the reason—strong organization.

Don't retard our progress by remaining a weapon in the hands of the employer.

Don't forget that our interests are identical. Improvement in your working conditions means improvement for all our craft.

Don't be guided by unfair newspapers, expelled "unionists," employers' agents, etc. Listen to the union's side once in a while.

Don't say unions "can't accomplish their purpose." Over 7,000,000 unionists think differently.

Don't think that, having got along without the union for five or fifty-five years, "it is useless to you." Organized labor has helped you and is helping you now—through better conditions and increased wages.

Don't remain a non-unionist "because unions are not run right." Get into one and help keep it "in the straight and narrow path."

Eight hours for work.
Eight hours for sleep.
Eight hours to do as we will.

DO LIKEWISE.

"Hello, Harry," was the friendly greeting of a citizen who, on boarding a car for his home in the north-west section of the city observed a fellow craftsman comfortably seated and apparently much interested in a paper which he was reading. They were both returning home rather later than usual. Harry, on quitting work at 5 o'clock, had gone around to the Labor Temple to attend to some committee work in connection with his union, whilst his friend had been doing a little overtime. It was the early part of the evening when cars are not crowded, hence the possibility of a comfortable seat. "What's that you're reading?" asked his friend, as he sat down beside him. "Hello, Joe; I didn't notice you. This is the new union paper, the Tribune. Have you placed it an order yet?" "Well—er—er, no. I have so much reading that I really haven't time for any more. You see, I take the Union Buster every night and the Monopolist's Advocate every week; then I take in several magazines, such as the Fashion Slave, for my wife, and the Crank and Faddist for myself. So you see I have lots of reading to keep me hustling." "Well, Joe, I think we should support this paper, even if we have to drop one of the others for it." "Why, what good is it anyway?" asked Joe. "Well, you surprise me for a union man, Joe. Don't you know that this is the only union newspaper in the city; the only paper that gives full publicity to all general labor news, without curtailing or misconstruing its purpose; that publishes correct reports of strikes and lockouts, whilst the capitalist press will only publish as much as will serve the purpose of the capitalist. It is indeed of great use, Joe, for we can only have the truth of our own cause made public by supporting and helping to spread the circulation of our union paper. You can have it delivered at your home every week for one dollar a year, and you get all the important labor news, and other interesting reading in a bright, breezy and interesting form." "Well, I guess it's right what you say, Harry, but—er—I—I really can't afford it at present. You see, the children are always needing something." "I hope you won't feel that I am trying to be dogmatic, Joe, but I question sometimes whether we are justified in saying that we can't afford to take the labor paper." "Well, I guess I know my own circumstances best," returned Joe rather sharply. "Now, Joe, don't get angry," said Harry in a cheery tone. "My point is this, Do we never take a car ride when the distance is so short that we could easily have walked; or do we ever smoke a cigar when a puff from the old pipe would have soothed our desire for the weed just as well; or are we patronizing other papers that are detrimental to our interests, and at the same time neglecting our own union paper? If a union man does any of these things, then I say he is not justified in saying that he can't afford it. I hope you won't take my remarks as personal, Joe. You see, I am very enthusiastic about this matter, for the publishers assure us that so soon as the subscribers' list reaches ten thousand a daily labor newspaper will be published, and think you that it is possible to estimate the value that a daily union paper would be to the toilers of this city, when we could have our general news coupled with union news in a paper launched for the purpose to uphold, defend and advocate our cause. Now, Joe, don't you think it is the duty of every union man to do what he can to make this paper a success, for we have all to gain and nothing to lose?" "Well, I'll think the matter over, Harry. I must get off here." "Well, take this paper with you and see how you like it." "All right, thank you. Good night, Harry." "Good night, Joe." Needless to say, Joe has decided to have less Union Buster and more Tribune. Go thou and do likewise!

JOHN PICKLES.

Poets are the messengers of an ideal world where only the elect are permitted to dwell.

What home means to a man, love means to a woman; you should never permit either to be stained or disgraced.

Virtue sleeps sounder in rags than vice in silks and satins.

Justice often wears a fool's cap and bells when she sits in state.

What Organized Labor Has Accomplished

Whatever may be the misdemeanors and offences of organized labor we must not forget what it has accomplished for humanity.

In the early part of the last century children of six and eight years of age were lowered 600 feet below the earth in England and compelled to labor in the dark twelve and fourteen hours a day.

At first a candle was given the younger children but after they became accustomed to the position this expense was avoided.

The first time in history that the public ever dared ask parliament for laws to protect women and children was in the year of our Lord 1800, after an epidemic of fever among these underground workers. The protection which parliament granted was to restrict the hours of labor for children to twelve and to set the age at nine years when a child might be employed. This action of the people of England was the beginning of organized protest against established customs.

However bad the conditions in England may be to-day from the tyranny of labor unions, they are certainly Elysian compared to those which existed before labor unions were known.

Yet prominent Christian people denounced the action of the government when it first began to legislate on the age and hours for children to labor, saying it had no right to interfere with the liberty of the employer.

The efforts of Miss Dreler and Miss Barnum and other philanthropic women of fashion to organize the working women of the land may meet with similar protests from tradition, but only by organized effort can the abuses which still exist in overtaxing the strength of women and children for the benefits of greed be overthrown.

Until the manacled slim wrists of babes are loosed to toy in childish sport and glee,
Until the mother bears no burden save
The precious one beneath her heart, let
none
Call this the land of freedom.
—Ella Wheeler Wilcox.

LABOR FABLES.

Originated by Aesop—Modernized by M. Dash.

An Arab Camel-driver, having completed the lading of his Camel, asked him which he would like best, to go uphill or down hill. The poor beast replied, not without a touch of reason: "Why do you ask me? Is it that the level way through the desert is closed?" Thus it is with many employers who pretend to give the toiler his choice and then make him do his bidding in the end.

Some boys playing near a pond saw a number of Frogs in the water, and began to pelt them with stones. They killed several of them, when one of the Frogs, lifting his head out of the water, cried out: "Pray stop, my boys; what is sport to you is death to us." What we do in sport often makes great trouble for others, and those in this world who do not consider the feelings of others may expect but little consideration from others in return. This is a lesson both employer and employe will do well to heed.

A Dove shut up in a cage was boasting of the large number of the young ones which she had hatched. A Crow, hearing her, said: "My good friend, cease from this unreasonable boasting. The larger the number of your family, the greater your cause for sorrow in seeing them shut up in this prison-house."

TO ENJOY OUR BLESSINGS WE MUST HAVE FREEDOM. THIS FACT THE TOILER HAS REALIZED SINCE THE BEGINNING OF TIME, AND IT IS ONLY BY TRADES UNIONISM AND ORGANIZATION THAT HE HAS SUCCEEDED IN GAINING EMANCIPATION FROM ABJECT SLAVERY.

Union men who wear overalls all the week around an engine or lathe and get grease and smut on their hands are as good as the men who work in a suit of broadcloth with a "billed" shirt on. There are too many classes in labor ranks as well as in the church and in society. Six feet of earth will make them equal.

HOUSEHOLD HINTS

For creamed celery take one small tender head of celery, wash and scrape it quite clean, removing the other stalks, put one pint of rich milk (part cream, if possible) into a double boiler. Cut the stalks of celery into small cubes, and let them boil in the milk until quite tender. Then rub one tablespoonful of butter, and the same or a little more of flour into a smooth paste, and add it to the boiling celery. Season to taste with salt and pepper, and let it boil until it becomes rich and creamy. Serve in a small vegetable dish.

For lemon candy take three cups of granulated sugar and two large wine glasses of water. Stir this well before putting it on the fire, but do not stir it afterward. Let it boil fifteen minutes, take it off and add a teaspoonful of extract of lemon. Pour the syrup out to cool, and pull as soon as it is cool enough to handle.

Here is a Christmas menu: Oysters on the half shell, tomato soup, celery, roast turkey, cranberry sauce, potato chicken salad, salted almonds, mince pie, plum pudding, pumpkin pie, orange jelly, fruit, nuts and raisins, coffee.

For potato puffs put one cup of potatoes in a small pan; add yolk of one egg, two tablespoonfuls of cream, salt and pepper; stir over the fire until hot; take from the fire; add the well-beaten whites of the eggs; put this mixture into a greased baking dish; bake in a quick oven until brown.

Suet Pudding.—One egg, one cup chopped suet, one cup milk, one cup raisins, one and one-half cups corn meal, three-quarters of a cup of strap, one teaspoon of soda, one teaspoon of cloves, one teaspoon of cinnamon, and a little nutmeg.

Brown Betty.—Make a layer of bread crumbs in a pie dish, then put in a layer of good ripe cooking apples, peeled and thinly sliced, next some brown sugar, with a few cloves, and cover with some pieces of butter. Repeat this till the dish is full, then make a roof, so to speak, of thin slices of bread and butter, having first poured into the dish about a teaspoonful of water. Bake the pudding slowly, and serve with brown sugar.

Raisin Pie.—One cup raisins, one and one-half cups water, juice and rind of a lemon, one and one-half cups soda biscuits, rolled; sugar to taste. Boil lemon and raisins in the water for a few minutes, then add the biscuit and sugar. Let it boil together a few minutes. Cool before putting in the paste.

For chicken salad cut cold boiled chicken and celery into tiny pieces with a sharp knife and cover with the following dressing: Moisten two even tablespoonfuls of mustard with boiling water, stir smooth and beat well with three eggs, one-half cupful of olive oil or melted butter, as preferred, one scant teaspoonful of white pepper, two of salt, one cupful vinegar. Heat the dressing until thick. Spread the chicken and celery on lettuce leaves and pour in the dressing.

For salted almonds blanch the almonds by throwing boiling water over them. Let them remain for about two minutes, and then put them in cold water and the skins will slip off easily. When the almonds are all blanched and dried thoroughly with a cloth, they must be measured. Sprinkle a tablespoonful of olive oil over every cupful of nuts. Let them stand for two hours. Then sprinkle a tablespoonful of salt over each cupful, mixing it thoroughly with a spoon. Spread the almonds out in a shallow tin pan and put them in a quick oven, where they will turn a delicate brown and become crisp and tender from ten to fifteen minutes. They must be watched closely and stirred often, as they scorch quickly. When taken from the oven they should be spread on clean blotting paper to absorb the oil. They are much better if kept a day or two before being eaten.

For plum pudding one cupful of chopped raisins, seeded, one cupful of suet, two-thirds of a cupful of molasses, one-half cupful of milk, one-half

teaspoonful of soda in the milk, two cupfuls of flour, one-half teaspoonful of ground cinnamon, one-third teaspoonful each of ground cloves and nutmeg. Steam three hours and serve with the following sauce: One cupful of brown sugar, one tablespoonful of butter, one teaspoonful of flour. Beat together until like cream, then add one cupful of boiling water and cook until clear; flavor strongly with sherry, or nutmeg may be substituted if desired.

For orange jelly, to one ounce of gelatine add a pint of cold water; after fifteen minutes add another pint of boiling water, stir until the gelatine is dissolved; then add a coffee cupful of sugar, the juice of six oranges and two lemons; strain and put into a mould. This jelly looks particularly pretty if the skins of the oranges are used for the moulds. Dig them carefully out, cut in half, and pour in the jelly to harden.

SAVORY EGGS.

Savory eggs is a dainty made as follows: Boil some eggs quite hard, shell them, cut in halves, and take out the yolks. Pass through a sieve, mix with chopped ham, parsley, a little bit of onion, pepper and salt and a little cream. Then put back in the whites. Place on little rounds of bread and butter and serve cold.

BAKED POTATOES.

To prevent baked potatoes getting soggy after they are cooked, prick them with the fork before putting them in the oven.

PERFECT FOODS ARE VERY FEW.

There are very few single foods containing the proper amount of nitrogen and carbon. It is intended that we shall mix our foods to get a perfect diet. The whole wheat grain is very nearly a typical food; it may lack a little fat. Milk and eggs are also nearly perfect. The pulse or chick peas of the East are quite perfect food.

OYSTER TOAST.

Chop a dozen oysters moderately fine, season with salt and pepper and a trace of nutmeg. Put into the fat dish a teaspoonful of butter and add the oyster mince. Beat up the yolks of two eggs with a gill of rich cream, stir it into the dish. When the egg is firm, serve on buttered toast.

CRABS A LA CREOLE.

Put into the deep, hot water dish an ounce of table butter, one small onion, minced, and one sweet Spanish pepper, minced; cool five minutes, stir to prevent burning; add half a pint of strained tomato pulp, a gill of chicken broth and four soft-shell crabs previously cleaned, each one cut in two; season with salt and a little celery salt, stir well; simmer seven minutes and serve.

CURRY ON FISH.

Cold, broiled or baked fish is a luxury when warmed up in a curry sauce. Put into the chafing dish proper a teaspoonful of butter, a tablespoonful of chopped onion and brown the latter. Add a teaspoonful of curry powder, half a pint of water or white soup broth; simmer three minutes, add a pound of cold fish and serve.

TO MAKE HAGGIS.

Haggis is made in various ways, all more or less elaborate. The simplest manner of preparing it is this. Boil the head, heart and liver of a sheep with one pound of bacon for an hour; then chop them, season highly and add sufficient raw oatmeal to make a thick mush. Boil for two hours in a bag and serve in the same, opening it and rolling it back to look as well as you can. This receptacle is less objectionable than that frequently seen in Scotland—a sheep's stomach.—Harper's Bazar.

QUEEN'S PUDDING.

This is a very delicious pudding and can be eaten hot or cold. Take three ounces of sponge or any plain cake or cracker or bread crumbs, pour on to them a pint of boiling milk, and add just a little sugar. When cold add two yolks of eggs, well beaten. At the bottom of a pie dish put a layer of jam or some stewed fruit, fresh or dried, and on the top the mixture. Beat the whites of the eggs to a stiff froth; place it on the pudding, sift some powdered sugar over, and put in the oven just to set the egg.