

ROYAL YEAST CAKES

Good home-made bread is the finest food on earth—the one food that everybody eats—that everybody likes—and that agrees with everybody.



MADE IN CANADA

WRIGLEY'S

after every meal

Cleanses mouth and teeth and aids digestion. Relieves that over-keen feeling and acid mouth.

Its 1-a-s-i-n-g flavor satisfies the craving for sweet.

Wrigley's is double value in the benefit and pleasure it provides.

Sealed in its Parity Package.



The flavor lasts

DON'T DO THIS

CATARRHAL DEAFNESS

Many have had surprising relief from Catarrhal Deafness. Head Noises. Ringing in the Ears and Head Colds by using

Leonard Ear Oil

A soothing, penetrating oil that is very effective. Just rub it back of the ears and insert in nostrils.

For sale everywhere \$1.25

Interesting descriptive folder sent upon request.

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700 recipes

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Don't delay! Get this valuable new book now! Dependable, well tested, economical recipes. Latest ideas in dainty cooking. Edition limited. Only 30c postpaid. Write to-day.

If you want the flour that will give your children the brain, body and nerve building nutriment they need—use Parity Flour.

WESTERN CANADA FLOUR MILLS COMPANY, LIMITED
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Of Interest to Women

Some Novel Lamp Shades for the Home

The fashioning of lamp shades has become a fine art. The many craftsmen who are doing novel things along this line have spurred the manufacturers to greater efforts so that there are shades for all manner of lamps in all shapes, sizes and materials to suit the pocketbooks of all purchasers. In all the shops where materials are sold classes are taught to make fancy silk and other shades, and wire frames are to be had in almost any shape desired.

There are a few laws to be observed in shade-making. One important point is choosing a frame that fits the particular lamp. The frame should also be appropriate to the place in which it is to stand. Another law is to use materials for the shade that are harmonious with the color scheme and style of furniture of the room where the lamp is to be used. Also, there is a fine distinction made between materials for a bedroom shade and those for a living-room, dining-room or hall.

Odd little shades for lamps used in sun parlors, living-rooms and upstairs are made of glazed chintz in gay colorings. These shades are plated which makes them look almost like paper. Bases for the lamps are made of old-fashioned glass lamps. Chinese ginger jars, pottery jugs of various kinds and old pottery pickle jars in gray with the blue figures—the kind that we may remember seeing on swinging shelves in the old-fashioned cellars of our grandmothers' time.

Then come parchment shades, plain and trimmed, painted and stenciled, which are good looking, wear well, and if made at home are reasonable in price. Some are painted with a band of color at the top and bottom, edged with a gilt line. These are used in round or oblong models, or shaped like a guitar for hall use.

A flat drum-shaped shade is also attractive and good for hall use, as it takes but little space. Of course, the electrifying of all lamps makes the closed shade possible and safe. The pulls may be long enough to turn the current on and off without disturbing the shade itself. The shade with a frame of ruffled or embroidered silk and a lace veil finished with colored silk or gold tassels requires a closed top to carry out the design.

Wooden bases are rather new for lamps and are painted to match the bedroom furniture. The shades for these lamps are sometimes made of wallpaper like that used on the walls of the room or of dainty calico trimmed with antique lace motifs, which, in many cases are dyed to match the coloring of the materials of which the shade is made.

Brown craft paper shades decorated in colorful polychrome fashion are popular for dining-room and library use. The bases are usually of wood, also decorated in polychrome designs. Getting away from the old round shades is rather a relief, for it gives one the pleasure of being original in her shade selections.

Glass lamps have been revived and electrified. They are quaint and pretty, especially in old-fashioned rooms. Many of us, however, are not far enough removed from the day when they had to be filled and trimmed daily to remember them pleasantly. Flower-shaped silk shades

Reasonable Dishes That Provide Variety

There are certain dishes that we like, but do not crave frequently. Among these dishes are tripe, which may be cooked in various ways, liver hearts, fresh calves, tongues, liver brains, calves' feet, pigs' feet, scrapple and kidneys. These are all wholesome dishes, when properly cooked and they make an occasional change in the home menu. As a rule children do not care for these dishes, so it is well to provide a few chops or chopped meat balls for them when any of the following recipes are used. The materials for these dishes should be purchased from a first-class butcher who will guarantee that they are fresh and the best to be had.

TRIPLE FRIED IN BATTER

Cut a pound and a half of fresh dressed tripe into three-inch squares and put it into a bowl with cold water, enough to cover it. Add a half cupful of vinegar. Let the tripe stand until it is ready to cook, then drain it and dry the pieces. Make a batter of three tablespoonfuls of flour and about a cupful of water. Beat this batter smooth, add pepper, salt and the juice of an onion. Dip the pieces of tripe into the batter, and fry it in hot fat. Serve it garnished with lemon quarters and crisp fried onions are generally served with this dish.

FRESH TONGUE TURNOVER

Wash, boil, skin an dice two fresh calves' tongues. Make a well-seasoned, smooth tomato sauce and put the tongue in it. Cool it slightly. Have ready a good rich pastry. Cut it into six-inch squares fill it with the tongue and fold it over like turnovers, triangle shape, pinching the edges together. Place the turnovers on a greased baking sheet, and bake until the crust is done.

MINCED LIVER ROUNDS

Boil a half pound of fresh calf's liver until it is tender, then drain and chop it very fine. Season it with pepper, salt, a teaspoonful of onion juice, a tablespoonful of soft butter and a half teaspoonful of salt. Cover a hot platter with buttered toast rounds and heap each with the liver, laying a slice of fried apple or a spoonful of apple sauce on top of each.

BRAIN FRITTERS

Blanch two brains in cold water for ten minutes, then put on to cook in cold salted water. Parboil them ten minutes, throw them into cold water, then chop them very fine. Dust the brain with pepper, salt, a half teaspoonful of sugar, a teaspoonful of Worcestershire sauce, a saltspoonful of curry powder and a saltspoonful of onion juice. Make a batter of one cupful of flour, a half teaspoonful of baking-powder, a saltspoonful of salt, two beaten eggs and a small cupful of milk. Beat the batter very smooth and light and beat in the brains. Drop the mixture by the large spoonful into hot fat and fry it a delicate brown. Serve it hot with tartar sauce and garnish it with cream.

TROTTER SALAD

Put four pickled pigs' feet on to boil in cold water. When they have boiled five minutes drain them and pour on fresh boiling water. Boil the feet ten minutes, then drain them, add fresh boilings water and let them boil until they are quite tender. Drain and cool them, remove all bones, chop them coarsely and add a thinly sliced onion, a quarter cupful of highly-seasoned French dressing and a saltspoonful of sugar. Let the mixture stand while picking over and stemming watercress enough to make two cupfuls. Wipe the inside of the salad-bowl with a cut bud of garlic, then toss the meat with the cress. Garnish the salad with cut radishes.

CALF'S HEART EN CASSEROLE

Wash three calves' hearts and cut out all the fiber. Then put them in cold water for an hour. Make a little well-seasoned stuffing with onion and apple in it. Drain the hearts and stuff them with this stuffing. Place them in a buttered casserole, sprinkle them with chopped onion, butter them over, add a cupful of tomato balls and pour over them two cupfuls of thin tomato sauce. Dust them with cracker crumbs and cover the casserole. Cook the mixture in the oven for an hour, then uncover it, baste it and lightly brown the top. It is then ready to serve. Hot rolls go well with the hearts.

For small bedroom lamps are quaint and not hard to make.

Each panel is made separately, then slipped into the frame, which is of painted wood or willow.

The advantage of the paper shade is that we can afford new ones frequently, especially if we have learned how to make them ourselves.

When the shades are made for the room in checked gingham, the lamp shades should be made to match. In order to make the material hold, paper or parchment foundation is used and the gingham covering is placed with it.

W. C. T. U.

Paper read by Mrs. Peter McLean at a recent W. C. T. U. Meeting: This is the month in which we especially remember our great Willard. She is remembered by her pure life and the great good she did, as well as the wonderful influence she had on all who met her or heard of her. More Memorial have been erected in memory of Frances Willard than of any other woman who has ever lived. As we study about Frances Willard, can we not make it mean more to our life, and to the lives of those we meet?

Frances E. Willard

Frances E. Willard was born in Churchville, N. Y. She was educated at North-Western Female College now incorporated with the North-Western University, and was made professor of Natural science in this institution soon after her graduation. Sometime later she became dean of the Women's College, and while engaged in teaching, Miss Willard became interested in Temperance reform, and in 1874 she resigned her position to become secretary of the Women's Christian Temperance Union. Five years later she was chosen President of this organization, and held this office during the remainder of her life.

The rapid growth, development and influence of the Women's Christian Temperance Union were due very largely to Miss Willard's executive ability, foresight, and personal influence. She gave her entire time to the organization, travelling throughout the country from year to year lecturing in prominent cities and writing extensively for the "Union Signal," the organization's periodical. In 1892 she visited England and was instrumental in securing the formation of the World's Christian Temperance Union. A writer, in speaking of her girlhood days, says as Frances was just blossoming into early womanhood she stood in the doorway of her home one day, peering into the far away with a wistful look in her eyes, she slipped out to the open field and flung herself full length on the prairie grass. She gazed into the sky, and reached out her hands questioning, and this is the cry she heard:

"What is it, I am to be, Oh God?"

What is it I am to be? Frances was seeking the Great Spirit with the Supreme need of her youthful heart—to learn the meaning and purpose of her life. The infant spirit of the earth-child was being awakened by the Infinite Spirit of the Heavenly Father.

Here is the explanation of the wistful look, the yearning soul, the restless activity; God was calling, calling, calling to his child. Back came the answer, as she heard, I fully proposed to be one whom the earth and the blessing. When God's call meets with such a response, watch for something heroic, life on a magnificent scale—a career that counts.

In the long after days, this girl became a power to reckon with throughout the length and breadth of the north American Continent, and her fame reached to the ends of the earth.

When she passed from this earthly stage into the land of still greater adventure, she left behind a saloonless America, a country with an ever-growing tenderness towards women and children.

Frances Willard, had given her life to the Great Father's business and had made good.

She knew the power of banded ill, But felt that love was stronger still.

And organized for doing good The world's united womanhood.

POLICE ASKED TO FIND MISSING SUMMER HOME.

Winthrop, Mass., March 15.—"Have you seen my cottage anywhere?" This was the surprising query put to the police here by Mrs. James Collins when she discovered that her summer cottage on the beach had disappeared. The cottage vanished during the blizzard that swept New England this week and it is thought probable that it was washed out to sea.

Mrs. Collins found her piano and kitchen stove further along the beach.

Concentrated Strength

The nutritive value of many a meal is contained in a single Oxo Cube. Oxo is concentrated food strength of prime beef.

A Cube to a Cup.

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Every drop of

SCOTT'S EMULSION

is pure cod liver oil

Life giving

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SAYS THAT RADIO CURES DEAFNESS

Nevada Man, Totally Deaf in Left Ear, Has Hearing Restored by Sound Waves After Constant Treatment.

Radio sound waves may cure partial deafness, in the belief of Norman Squires, of Reno, Nevada, who cites his own case as an illustration.

Two years ago, Squires says, he was totally deaf in his left ear. Now, after constant treatment by radio, he declares he can hear a whisper across his room.

Radio sound waves, passing along the auditory nerves from the head phones, massage the nerves and stimulate them to the extent that hearing is restored, he contends.

Mystery to Him.

Emigration Agent—"Married or single?"

Applicant—"Married."

"Where were you married?"

"I don't know."

"Don't know where you were married?"

"Oh, I thought you said 'Why.'"

WESTERN PIONEER TELLS INTERESTING EXPERIENCE

Frank Ribert, Who Left Illinois for California in Covered Wagon in 1864, Wouldn't Take \$100 for Bottle of Tanlac.

Frank Ribert, well-known resident of North Sacramento, Cal., who came to the state from Illinois in a covered wagon in 1864, along with other hardy pioneers, recently exhibited a bottle of Tanlac, which he had just purchased, to a friend at his home and remarked: "If I thought this was the last bottle of Tanlac I would ever be able to buy, I wouldn't take one hundred dollars for it," thus proving the high valuation he places on the famous treatment.

"I believe Tanlac really saved my life when I took it after the flu about a year ago," continued Mr. Ribert, "for the attack left me 35 pounds off in weight, and unable to turn over in my bed without assistance. I tell you, I thought my time had surely come."

"But, thanks to my wife's insistence, I kept on taking Tanlac till I was able to do all my work again, had back all my lost weight, and I've been feeling better ever since. I'm always telling my friends about Tanlac, and can't say too much for it."

Tanlac is for sale by all good druggists. Accept no substitutes. Over 40 million bottles sold.

Take Tanlac Vegetable Pills.

This Beauty Every Woman Can Have

Radiant, Youthful Complexion

Nature gave you a skin of beauty, charm. And that is beauty you can keep.

Millions of women do—by following this simple, correct rule. By following it you, too, can keep the loveliness of a schoolgirl complexion.

Just do this regularly

Cleanse the skin regularly, author-

ity says, to keep your complexion lovely, radiant, youthful. But beware of harsh cleansing methods—they injure skin.

Wash thoroughly with Palmolive Soap—each night before retiring. Rub the creamy, foamy lather well into the pores. Rinse—and repeat the washing. Then rinse again.

Then—if skin is dry—apply a little cold cream. That is all. Skin so cared for is not injured by cosmetics, by wind and sun, or by dirt.

Volume and elasticity produce the quality for 10c

THE PALMOLIVE COMPANY OF CANADA, LIMITED

Winning Palm and olive oils—nothing else—give Nature's green color to Palmolive soap.

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