

THE STERLING BANK OF CANADA

A RAISE IN SALARY

If you received an advance in salary, save the increase regularly. You will not miss the money. Figure what your account would be at the end of one year.

Head Office, Cor. King and Bay Streets, Toronto

Branches: Adelaide and Simcoe streets.
Queen street and Jameson ave.
College and Grace streets.
Broadview and Wilton streets.
Dundas and Keele streets.
Wilton ave. and Parliament st.
Yonge and Carlton streets.

EFFICIENT HOUSEKEEPING BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

RHUBARB

RHUBARB is not liked by women very well, so it does not appear on the table until some member of the family remembers it is just grand for the complexion and warranted to drive away that tired feeling. Then the lady of the house has it stewed for breakfast, in plain old-fashioned pie-plant pie for dinner and in the form of jelly for the meat course.

If the cook has learned that rhubarb must never be cooked in tin, as it corrodes the metal, and that it needs a great quantity of sugar to neutralize its acid, the family will keep on asking for it.

The wine sap variety does not require so much sugar as the old style pieplant and it retains its brilliant color after it is cooked. It is usually stewed. You may dip as you like about peeling it, but use a sharp knife when cutting into sections, so there will be no hanging shreds and each piece will be separate.

Make a simple syrup of sugar and water; when it is boiling briskly drop in the rhubarb. Cook until each piece is transparent and just on the point of falling apart. Add a small pinch of soda always when cooking this article in any form.

Sometimes three minutes is long enough to finish the stew; again five minutes will be needed; it all depends on the age and variety of the plant. Observation will tell you more than we can. The amount of sugar, too, must be determined by the ripeness of the plant.

Rhubarb is not named among the fruit or vegetable families, but is in a class by itself.

It is a native Chinese plant, and the Celestials were the first to discover that its oxalic, citric and other acids were revivifying and necessary to nature's spring house-cleaning.

It belongs to the buckwheat family and grows readily in any soil, and has an admirable way of caring for itself.

June is the month in which to can rhubarb, but a few glasses of the showy pink jelly may be made for immediate use.

Simmer the sliced wine sap rhubarb in a porcelain kettle with just enough water to cover it. Add the necessary pinch of soda and skim off the froth that rises.

When the fibres are very soft, strain thru a jelly bag. Measure a pound of sugar for every pint of juice; heat the sugar in the oven and the juice in the kettle; when the one is boiling and the other hot put them together and boil briskly about ten minutes.

Pour into thin glasses that will be to place on the table. When you see how beautiful this jelly is and how well it is liked with cold meat, you will not regret the amount of sugar used to make it.

SIXTEEN YEARS A WORKING AGE

No Girl Should Start Younger,
Says Miss E. C. Elwood.

WAGES ARE TOO LOW Average Family Cannot Live on Average Salaries Now Paid.

That under the existing conditions of early child labor it is no uncommon sight to see men and women at 35 and 40 years of age, who have been at their prime, completely broken down and unfit for further efficient labor, was the statement made by Miss E. C. Elwood of the Evangelical settlement at the Fred Victor Mission last night in an address on social problems.

Miss Elwood claimed that sixteen years was the lowest possible age at which a girl should be compelled to work. The education system was at fault, and could not be called rational because it did not take into consideration the various financial and social differences that it would make in the class of life work which the pupil should be prepared to follow.

Statistics were quoted to show that the married man with three children brought up could properly exist on the average wage of \$17.25 a day. The result was that the mother either went out to work or was forced to take in lodgers, thus unduly crowding the family and putting a stop to family life. The children had of necessity to be deficient in health, and the final result meant a degeneration of the race.

For Freckled, Rough or Spotty Complexions

(From The Dermatologist.)
The freckling, discoloring or roughening to which delicate skins are subjected by exposure to wind or sun, often appearing in early spring, may readily be gotten rid of. Mercuric wash, used lightly over the face before retiring and removed in the morning with warm water, completely peels off the discolored skin. Then an ounce of the mercuric wash, used in the evening, is an effective way of banishing freckles or other cutaneous defects. The process doesn't even temporarily irritate the complexion, and, besides, gives a brand new, spick-span, glowing complexion. Freckles, caused by weather, worry, or illness, are best treated by a simple wash of powdered salicylic acid, once dissolved in a half-pint of water. Banishing the face in this process is a truly marvelous transformation.

GOOPS By GELETT BURGESS



Mary C. C. Call
Mary Carey
Cory Call—
Hear her cry
and hear her bawl!
Hear her groan
and hear her growl!
Hear her moan
and hear her howl!
She's the goopiest
Goop of all,
Mary Carey,
Cory Call!

Don't Be A Goop!

ADVISORY BOARD GLAD OF MONEY

Members Are Jubilant Over
Decision of Council on
Extra Grant.

Chairman Ellis and the members of the industrial advisory committee of the board of education were jubilant yesterday afternoon over the vote in council in favor of another \$500,000 for the central technical school.

Chairman Hiltz pointed out that while the vote on Monday was most encouraging it must have the effect in law of the actual vote of the money, and, pending that, it would not be legal to sign the contract for the total outlay involved. It was decided to expedite the passage of the estimate thru the board so that it could reach the city council at the next meeting. The architect announced that if the Credit Valley stone supplied was of varied color, like that in the new Grace Church, a saving of about \$20,000 could be effected. The architect was authorized to secure an amended tender for part gray and part colored stone.

LIVING COST GROWS FASTER THAN WAGES

Such Is Contentment of Locomotive Firemen—Heavier Engines Increase Work.

NEW YORK, March 11.—(Can. Press.)—The high cost of living and its relation to the wages received by firemen was one of the questions discussed today at the hearing of the board chosen under the Erdman Act to arbitrate the demands of the firemen employed on 84 eastern railways for the past year. The subject was discussed by the firemen and the question of the heavier engines was one of the subjects of testimony by the seven witnesses of the day—six firemen and one engineer.

The firemen contend for one thing, the heavier engines now in use cause them to work harder for the same pay. They want two firemen assigned to locomotives.

JURY NOT SATISFIED AS TO MORGAN'S GUILT

ST. CATHARINES, March 11.—(Special.)—The jury in the case of the negro who for several days terrorized the entire Niagara district by his successful escapes from capture by the local police, heard who eventually fell into their hands after charges of shooting two sergeants of the St. Catharines police, and never felt better than not found guilty by the jury, which tried him today, at the assizes, before Chief Justice Falconbridge. After being out three hours, he was finally acquitted at 8 o'clock tonight that they could not agree.

The two officers alone gave evidence for the prosecution. Morgan testified in his own behalf. Character evidence was contributed by Neil Buchanan, a fruit grower.

Gained Five Pounds and Renewed Health Through Sanguinol

Mr. Wm. Newman of 15 Northcote avenue, Toronto, tells of his experience with Sanguinol, which he used for his wife, who appeared to be helped by its use. He says he never felt better in his life. He has gained five pounds and renewed his health. He says he never felt better in his life. He has gained five pounds and renewed his health. He says he never felt better in his life. He has gained five pounds and renewed his health.

CITY WILL SPRAY TREES
ST. CATHARINES, March 11.—(Special.)—The city council has decided to purchase a spraying outfit and have fruit and ornamental trees in the city infected with pests, treated at cost price. Heretofore the work has been done by a man appointed, who has used mixture and charged rates to suit himself.

ROYAL BAKING POWDER Absolutely Pure The Only Baking Powder Made from Royal Grape Cream of Tartar. Safeguards the food against alum

Chemists' tests have shown that a part of the alum from biscuit made with an alum baking powder passes into the stomach, and that digestion is retarded thereby.

Read the label and make sure that your baking powder is not made from alum.



NEW TOWN KNOWN NOW AS OJIBWAY

Bill Changing Name From Pontiac Passed by Legislative Committee.

Altho Pontiac, or Ojibway, as it will be called, has a population which at present numbers only three, a bill providing for its incorporation as a "town" was passed yesterday by the provincial committee of the Ontario Legislature. The story of Ojibway is 20th century-like as that of the boom town in Western Canada. Ojibway will be put on the map by no less a gigantic concern than the United States Steel Corporation. It was stated that the waterworks and is now in the process of construction. Pontiac is the name how given to the place, but when the bill goes thru the house it will be known as Ojibway.

Hon. Dr. Reaume, minister of public works, and Dr. Anderson, Esq., both spoke in favor of the bill, the minister stating that the provincial cabinet had made investigation and had recommended that it be passed. They stated that the place was on the Canadian side of the Detroit River, a few miles from Windsor; that 1650 acres of land had been bought by the company and that millions would be spent.

Charles McCrea, Sudbury; G. H. Ferguson, Grenville, and E. W. J. Owens were dubious about the advisability of passing the bill, but Wallace Nesbitt, K.C., solicitor for the corporation, appeared in behalf of its interests.

HYDRO'S BENEFITS IN BRANTFORD.

BRANTFORD, March 11.—(Special.)—Hydro-electric power at less cost than any other power will be guaranteed by the Brantford waterworks plant on the completion of installation here, and it is announced that a big figure. A dual system of steam and electric energy is planned.

New Treatment Now Advocated For Bronchitis

Is Having Wonderful Success and
Is Making Most Remarkable
Cures.

For bronchitis a different form of treatment is now advocated. It consists of a scientifically devised vapor that penetrates to the utmost recesses of the lungs and bronchial tubes. Every spot that is sore, every surface that is irritated is at once bathed with soothing balsams and healing essences that make chronic bronchitis an impossibility.

This treatment, now so universally employed in bronchitis, throat troubles, colds, etc., is called CATARRHOZONE. It acts just as air of the pure woods acts, as being an antiseptic remedy for all diseases of the breathing organs.

Just think of it—a remedy that can be carried with the very air you breathe to the seat of bronchial or catarrhal inflammation. A remedy powerful enough to kill germ life, yet so healing that disease flees before it. Catarrhozone is truly a wonderful remedy. In many lands it has won its way, and is affording grand results to sufferers from colds, catarrh, throat weakness, asthma and bronchitis. There is no sufferer from a gripply cold or any winter ill that is not cured by Catarrhozone, which is employed by physicians, ministers, lawyers and public men throughout many foreign lands. Large size lasts two months and costs \$1.00 and is guaranteed. Small size 50c. sample size 25c. all storekeepers and druggists, or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

PROTEST AGAINST DEMURRAGE CHARGES.
NIAGARA FALLS, Ont., March 11.—(Special.)—At a special meeting of the council of the board of trade appointed a committee to report on bettering conditions in connection with demurrage charges by railroads. Manufacturers claim the rates are excessive, and that the railroads are lax in making deliveries.

The Gourlay Stamina



Stamina—long life—durability—are built into every inch of the Gourlay Piano with the result that it is lasting in tone, in action, and in appearance.

Every single detail of manufacture of the Gourlay Piano is basically correct—representative of the highest and most exacting standard of workmanship and material. These things count. They are the concomitant of perfection. They make the Gourlay Piano an artistic triumph—an instrument in which the artistic is joined to the material to form a medium of musical expression deft and subtle for the trained musician, and staunch and durable for constant everyday use. Stamina is a necessary qualification in a piano whether it is manipulated under the masterful hands of an artist, or the plodding uncertain hands of a beginner—stamina is an artistic and economic necessity.

When the question of "what piano to buy" comes up, see The Gourlay—investigate its claims to preference—see why it should be your final choice on artistic and economic grounds.

GOURLAY WINTER AND LEEMING

188 YONGE ST.
TORONTO

BROKE AVIATION ALTITUDE RECORD.

PARIS, March 11.—(Can. Press.)—A new world's altitude record was established today at the Buc Aerodrome, by the French aviator Perreyon in a monoplane he rose to a height of 6000 metres (approximately 19,685 feet). The previous world's record was held by George Legagneux, who reached an altitude of 18,776 feet at Villacoublay, on September 17, 1912.

KINGSTON'S GAS PROBLEM.
KINGSTON, March 11.—(Special.)—If dollar gas is to be maintained without loss owing to the high price of oil the city will have to install a coal plant, at a cost of \$50,000 or \$60,000. Manager Polger, of the civic light plant, states it will cost 35 to 38 cents to manufacture coal gas. Gas from oil has been costing over one dollar.

WINDSOR TABLE SALT

WINDSOR TABLE SALT is the best TABLE SALT.