"How Delicious"
is the opinion of all who have once tried "SALADA" II YOU have not tried it, send us a post card for a free Bample, stating the price you now pay and if you use


|  |
| :---: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

SPTMGAT OIHB ofrer

##    <br> EGAN PHONOGRAPH CO. 809 Bloor St. West, <br> Toront <br> <br> 

 <br> <br> }
##  <br> COARSE SALT A AD OALT RONTO CALT WORK <br> a. 2. CLIFF <br> "When Canada Was New <br> France," By George H. Lock <br> Leorge H. Locke, chiel <br> eautifully lliustrated, $\$ 1.50$ <br> At All Booksellers or

## Aboul HyOuse


 and a suit sie. Not the least of the
vailing mode. rave about. Who ever told he
nice thing is the fact that life is so she could sing?" "If she's doing $i$,
much easier after you get over caring for me, she can sit down. I can much easier after you get over caring for me, she can sit down. I cant
about trifles. But that isnt the one hear her anyway. Always grinning
I had in mind when I started to and simpering." "Where did she
philosonhize on the compensations of ever get that. philosophize on the compensations of
that age known to some flippant per-
sons as "the The thing I had in mind was that
we get over making the snap judgments of youth. Youth ful judg judgents ances. Somehow young on folss nepever
can seem to get over judging by look whether it is a person, a house or
pullet. They have to be taught have some decent clothes."
Further remarks were
Further remarks were given in
smothered tones, beeause of the bat
ery of indignant glances directed wards them by folks who were trying wanted to tell the e irls so that the smile
which they objected to were cover actual pain. That the money frock had gone to the anti-tubercu-
losis society. $\begin{aligned} & \text { wanted to slap them } \\ & \text { as a matter of fact. But } I \text { didn't do }\end{aligned}$ nything, becausect. But 1 didn't do
nd thoughtless. I couldn't help a
new ew stabs of conscience, too, as
hought of the many cutting things
d said about othe Yd said about other folks, and no
doubt all of it as unjustas this.
A certain sort of criticism has its A certain sort of criticism has its If you wouldn't say that to yo
neighbor, don't say it about her.
My Good Graham Bread. My Graham-bread recipe is simple,
the bread is always the same and very good. I use a good starter.
First, I boil four medium-size tatoes in plenty of water. When they
are well done, I drain off the water
and with it scald and two of white one flour, the sugar
prevents the flour from lumping and flour if it is needed to make the
sponge of a slightly clinging consistency: When this is cool enough
stir in the starter, cover and set to rise at a temperature of about sev-
enty degrees. When the mixture is quite light and foamy I save out
nearly half a pint which I keep in a glass jar in a cool place. Then 1 add
to the sponge in the bread mixer enough water to make two quarts all
together, the smoothly mashed pota-
toes, one cun of salt, one cup of raisins, half a cup of of brown sugar syrup,
salf $n^{\prime}$ nal flour. Graham bread shontening be mand the
ey $a$ trifle moist-never stiff. Add flour when you mold it, if it is inclined to quarts of neauid, the quarts of white
flour and nearl three of graham. But
in all cases I use white flour for mixing the sponge.
In the winte the afternoon and mix the breast at
night. But in summer, the entire
task, from start to finish, is eont ed in one day. It fet the dough rise
twice and the loaves also. Acadia was the part of Eastern
Caneda now known as Nova Scotla Acadians was the name given to the
French settlers when Acadia was part


