

O Coffee! goddess
of the breakfast table—
that delighteth the taste
and refresheth the body
—I drink to thee in
thy perfect form,
Chase & Sanborn's
SEAL BRAND
COFFEE.



You Waste Money

in buying material
which does not
answer its purpose

EDDY'S IMPERVIOUS SHEATHING PAPER

will keep your
house warm in the
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They come piping hot from the ovens—they go right into parchment paper and are then sealed in tins.

All the crisp daintiness—all the goodness of perfect making and baking—is caught and held by the air-tight, moisture-proof package.

That is why Mooney's Perfection Cream Sodas always come to your table inviting and tasty—whether you buy them in Halifax or Vancouver, or anywhere between.

Do You Know Mooney's?

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Hints for the Housewife.

The Windy Day.

Oh, the windy day is laughing day,
For the wind is a funny fellow;
He rollicks and shouts when skies are
gray.

And leaves are turning yellow.
The pines, a moment ago so still,
Fling out their arms, and laugh with a
will,
Nodding their heads, as who should say:
"The old wind has an amusing way."

Oh, the windy day is singing day,
For the wind is a minstrel, strolling
Through the field and wood, with cheery
lay.

Insistent, sweet, cajoling;
The strings of his harp are pine and oak.
As he chants his tale to the woodland
folk—

Ah, revelers of old are they
When the minstrel wind begins to play!

Oh, the windy day is the vagrant's day,
For the wind is a comrade rover,
Whistling down the great highway
To every hill-road lover;

And whether he whistles or laughs or
sings,
Through every vagrant heart there rings
The impelling, world-old call to stray
With the comrade wind for ever and
aye.

Suggestions.

Strong hot vinegar will remove
paint from window glass.

Place an apple in the cake box and
cake will keep moist much longer.

A little milk added to the water in
which silver is washed will help to
keep it bright.

To revive the luster of morocco or
any other leather apply the white of
an egg with a sponge.

A little flour spread over the top
of cakes before they are iced will
prevent the icing from running off.

Use a little ammonia in the dish
water when washing glassware. It
will make it sparkle like cut glass.

Sausages should be served with
apple sauce or baked tomatoes.
Either makes them more easily dig-
ested.

When cleaning knives mix a tiny
bit of carbonate of soda with the bath-
brick and they will polish more easily.

Cereals are seldom overcooked, but
rather undercooked. Thus always al-
low plenty of time in preparing
cereals.

Flies may be kept off screen doors
by rubbing the frame work and wire
netting with kerosene. The odor
seems to be offensive to flies.

After frying fish place a little hot
water and a few drops of vinegar in
the pan so as to take away from it
the taste and odor of the fish.

The knife used for peeling a pine-
apple should never be used for slicing
it, as the rind contains an acid that is
apt to cause a swollen mouth and sore
lips.

Stains on white silk can easily be
removed by soaking with gasoline and
then rubbing in lump magnesia; as
much should be rubbed in as the gaso-
line will absorb.

Rubber rings used for fruit jars that
have become hard may be made pli-
able again by soaking for half an hour
in a solution of two parts water and
one part ammonia.

When olive oil is used at the table
it should be put in dark colored bot-
tles and removed to a cool, dark place
immediately after the meal. It is in-
jured by being kept in the light.

By rubbing nickel and silver orna-
ments with a woolen cloth, saturated
with spirits of ammonia they may be
kept very bright with but little
trouble.

Cold water, a tablespoonful of am-
monia and soap will remove machine
grease where other means would not
answer on account of colors running,
etc.

To take spots out of blue serge and
generally refresh it well wipe with a
sponge dipped in blue water, or use
a brush instead of a sponge. After-
wards hang up to dry.

A good way to brighten a carpet is
to put a half tumbler of spirits of
turpentine in a basin of water, dip
your broom in it and sweep over the
carpet once or twice, and it will re-
store the color and brighten it wonder-
fully.

In cleansing soiled articles in gaso-
line it is best to use the gasoline hot.
This is a secret of professional cleans-
ers well worth knowing. The gasoline
is easily and safely heated by placing
the receptacle containing it in a larger
one containing hot water. The gaso-
line will quickly become very hot. Let
the soiled articles soak an hour, cover-
ing all with a thick cloth to prevent
evaporation.

If the housekeeper who wishes to
save her time and energy would do her
mending before the clothes are washed
she will find it to be more practical.
She can mend all rips and tighten any
buttons that would be likely to fall
off in the wash, and thus save the an-
noyance of putting on others to re-
place them. When a garment having
a small rent or tear is sent to the
laundry it is apt to come back with
the tear very much larger.

The safest way of bleaching lace
curtains is the old-fashioned way of
letting the sun do most of the work.
Lay the curtains in warm water, to
which you have added the juice of six
lemons, and leave them there all night.
In the morning lay them in the sun
and wet hourly with the sour water.
At night leave in cold water and re-
peat the lemon juice process next day.
It will not rot the muslin, as most
bleaching powders do. Finally, wash
in the usual way.

Strawberry Preserves.

A new method of preserving has just
come to light, which is nothing less
than the famous "sunshine" process of
Wiesbaden. Select large, perfect ber-
ries, cap, but do not wash unless
absolutely necessary, and measure
them. Cover with an equal measure
of best granulated sugar. Stir the
berries carefully with a wooden spoon,
but do not break the fruit. Put in
earthen or granite ware dishes, a
single layer in each dish, cover with
a pane of glass and set in the sun.
Take the dishes in at night to avoid
dampness and repeat the process day
after day until the berries are sun-
cooked in their own syrup. Seal in
jelly glasses and pour melted paraffine
over the top. There should be at
least half an inch of the paraffine.

A fine preserve is more quickly made
by covering the berries with their own
measure of sugar and letting them
stand over night. In the morning
cook very slowly till the syrup jellies
on a plate and seal as usual. To make
jam, mash the fruit while cooking.
Strawberries have been successfully
kept all the winter without cooking.
Mash the fruit with its own weight of
sugar, and seal as usual. This jam has
a delicious fresh strawberry flavor
that is particularly grateful when the
thermometer is frisking around the
zero mark. A red currant preserve
which is highly recommended is made
in the same way.



Vol. VIII.

"Mesa
futhey gimlet
seat of the
"Mrs. K