

Health and Home.

It is always the hope of those who prepare articles for a housekeeper's page, to be able to say or suggest something helpful or of value to those who read. And there are two things in particular that might be written for the benefit, present and future, of the housekeeper who is comparatively young. The first bit of advice is briefly stated; train the little folks to understand that you, not they, are to choose for them what they shall eat and drink. Then, the second consideration will take a few more words. A lady of experience remarked some time ago, that nearly all matters pertaining to the household had a way of adjusting themselves, given sufficient time. And housekeepers, young and old, may learn, if they will, that it is mere foolishness to worry over the subject of meals. In the natural rule of succession dishes suggest themselves. If there is roast beef for dinner, there must necessarily be cold sliced meat, meat balls or a nice "tasty" mince meat for breakfast or lunch. Cold boiled potatoes are very nice creamed. Any kind of fish left over, suggests an appetizing minced fish, made very nice with "a suspicion of onion," a little curry, Worcestershire sauce, or an egg sauce. A loose lot of various cold vegetables can serve with almost any meat bone and its bits of adhering meat to make a truly delectable vegetable soup. Bits of bread make the relishable bread pudding. Heat the pieces, butter them, pour over them a weak custard,—if you have only one egg, put to it a pint or more of milk, a half cup of sugar and pinch of salt, add some raisins, and bake the pudding so as to serve soon after it is done. This is wholesome and is liked by nearly everyone. Cold coffee is better in some kinds of cake than it is to be warmed over for drinking. Stale cake make a nice pudding prepared the same as the bread pudding, without buttering the pieces. In this way nearly everything left over from one meal can be utilized for another. Don't worry. A little forethought on the part of those who must plan their 1935 meals a year, will make the task a diversion as well as a care. God meant these duties to be wholesome, not irksome; natural, not strained to a point, making of them a distressing dread. For those whose ample purses make the several-course dinners and the variety of dishes breakfasts a fashionable necessity, we offer no suggestions. Sufficient unto such tables are the hired housekeepers, butlers and chefs, who go with high livers and wealthy providers, making the furnishing of tables the profession of their lives. But remember, the rich enjoy their food no more, be it ever so profuse and luxurious, than do all other cheerful, happily disposed persons, who take thankfully what God gives, making no hardship of one of the pleasantest, commonest needs of the household.—Christian Work.

If you do not have plenty of cistern water for washing, add enough borax to the well water to soften it, and it will make the washing easier without injuring the clothes. Leave your silverware in a hot solution of borax and water a few minutes, then wipe dry, and you will not have to polish it so laboriously or often. Water in which a little borax has been dissolved is also good for cleaning table cloth, removing finger marks as if by magic.

A delicious hot gingerbread was served at a home luncheon the other day. It was fresh from the oven, spicy, and tender, and on being broken, it proved to be full of almonds. They had been split into halves so as not to be heavy enough to sink to the bottom of the dough during the cooking process. The combination of flavors is to be recommended.

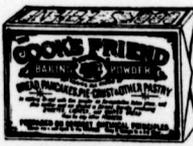
J. YOUNG, (ALEX. MILLARD.)
THE LEADING UNDERTAKER,
 350 Yonge St., Toronto.
 TELEPHONE 679.

MERIT WINS THE SOUL
 THAT ACCOUNTS FOR THE GREAT POPULARITY OF
"SALADA"
CEYLON TEA
 Which has the merit of being absolutely Pure and free from all coloring matter and adulteration.
Sealed Lead Packets Only. All Grocers.
 25c, 30c, 40c, 50c and 60c.

THE LATEST FANCY
 English and American elite society have gone wild over the newest creation in fashionable stationery—Wedgewood Notepaper. We are manufacturing the old
Original English Wedgewood
 The most meritoriously beautiful line of goods yet offered. We are making
A SPECIALTY
 of it, and at the same time handling all other lines for which our name has become so well known.
 We carry all other lines of high-class stationery at the most reasonable price.
THE BARBER & ELLIS CO., LIMITED. - TORONTO, Ont.

Rice Lewis & Son
 (LIMITED)
BRASS AND IRON
BEDSTEADS
TILES, GRATES,
HEARTHES, MANTLES.
Cor. of King & Victoria Sts.
TORONTO.

NEW BOOKS READY.
 Studies of the Portrait of Christ, Rev. Geo. Mathieson, D.D. \$1.75
 Vol. I. City Temple Pulpit, sermon by Joseph Parker - - 1.25
 The Gospel for a World of Sin, by Henry Van Dyke, D.D. - - 1.25
 The Gospel for an Age of Doubt, by Henry Van Dyke, D.D. - 1.25
 Forty Years in the Church of Christ, a sequel to Fifty Years in the Church of Rome - - 2.50
Upper Canada Tract Society,
 102 Yonge Street, Toronto

THE INGREDIENTS OF THE.....
COOK'S FRIEND

 are equal in quality to those of the highest priced brands on the Market.
 It is sold at a more moderate price, and therefore the more economical to use. It is best to buy and best to use.

THE CITY ICE COMPANY, Limited
 26 VICTORIA SQUARE, MONTREAL.
 R. A. BECKET, MANAGER.
PURE ICE—Prompt Delivery.
SELBY & COMPANY 23 RICHMOND ST. WEST, TORONTO.
 EDUCATIONAL PUBLISHERS
 SCHOOL AND KINDERGARTEN FURNISHERS
 BOOKBINDERS AND MANUFACTURING STATIONERS