

Splendid My Dear

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The St. Lawrence Flour Mills Co., Ltd.
Montreal, Canada

Don't Be Satisfied
with merely making your mouth water over this combination—

SHREDDED WHEAT

WITH SLICED PEACHES AND CREAM
Make your stomach happy by crisping one or more Shredded Wheat Biscuits in the oven, then cover the Biscuits with some luscious Canadian sliced peaches and cream, and you have a dish that is not only pleasing to the palate, but more wholesome and strengthening than heavy meats or starchy vegetables.

Always heat the Biscuit in the oven to restore crispness. For breakfast serve with milk or cream or fresh fruits of any kind.

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The Canadian Shredded Wheat Company, Limited



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AGRICULTURE

Serving The Tomato

The tomato is an ideal summer food, being most beneficial when raw, as the body then obtains the full benefits of the salts, water and acids which are cooling to the blood.

It readily adapts itself to combinations with other vegetables or meat. A particularly good combination is Spanish tomato salad. Peel and chill four tomatoes. Slice an onion very thin crosswise and shred a green pepper, removing seeds and core and boiling it two minutes. Arrange crisp lettuce in a salad bowl, slice the tomatoes upon the lettuce, and garnish with the onion and pepper.

Serve on this a dressing made from two tablespoons of oil and a half of granulated sugar, a few grains of cayenne, half a teaspoonful of salt, two tablespoons of vinegar. Mix the oil and sugar, add the vinegar and the salt and cayenne, and beat in the vinegar slowly.

Another good salad is made by hollowing out firm tomatoes and filling the centres with young celery hearts. Serve on young lettuce leaves with mayonnaise dressing.

Tomato club sandwiches are at once substantial, easy to make and appropriate for a picnic or home supper. Butter full slices of toasted bread. Place a lettuce leaf on one, add a little salad dressing, a slice or two of tomato, and a thin slice of boiled ham or a little broiled bacon. Spread on a little more dressing and add another lettuce leaf, then press in place the second slice of toast.

Although the tomato is a fine or is deep fat. In the former case enough to itself to serve as a meat substitute, but as it may be combined in many attractive ways with eggs, milk, cheese, mushrooms, and bits of meat or fish, it may be used frequently as the main dish at luncheon or supper.

One of the simplest ways of preparing tomatoes is with bacon. Remove the skins; sprinkle the tomatoes with salt and pepper, and fill the hollow stem ends with a teaspoonful of granulated sugar. Set them in an aluminum or greaseware pan—in should never be used with tomatoes—pour a little water in the bottom on each tomato. Bake about twenty minutes in a hot oven and serve surrounded with cream sauce.

Ham also combines well with tomatoes. A substantial dish for supper on a cool night is scalloped tomatoes with ham and onions. The necessary ingredients are three cups of sugar, one-eighth of a teaspoonful of pepper, one cupful of minced ham, and one cupful of a half of cooked onions, one cupful of crumbs mixed with two tablespoons of melted butter. Butter a baking dish, mix seasonings with the tomato, and put a layer in the dish. Add a layer of onions and ham and continue until the dish is filled. Dot with bits of butter between

Vegetable Combinations.

The mushroom season is at its height in August, and a combination of mushrooms and tomatoes is particularly suitable. To prepare this dish, stew enough tomatoes to make two cupfuls. Season with salt, pepper and a teaspoonful of sugar. Add a full cup of minced onion and green pepper, fry until soft in two tablespoons of butter. Thicken with a little pepper. To make tomato toast with poached eggs, prepare two cupfuls of stewed and sifted tomatoes, add a tablespoonful each of minced onion and green pepper, fry until soft in two tablespoons of butter. Thicken with a little pepper. To make tomato toast with poached eggs, prepare two cupfuls of stewed and sifted tomatoes, add a tablespoonful each of minced onion and green pepper, fry until soft in two tablespoons of butter. Thicken with a little pepper.

Proper Milk Production

taining these essentials indicated, found to illustrate and justify the conclusions drawn in former sections. The publication is profusely illustrated with diagrams and plates and is provided with a very complete index.

It is now being issued to the Experiment Station, which is not on this list, who desire a copy, may obtain it by addressing the Publications Branch, Department of Agriculture, Ottawa.

COLONIAL CUSHION

The most charming cushion you could make for your Colonial dresser would be one of those with a glass pedestal, copied from the old-fashioned one of grandmother's day, according to the Minneapolis Journal. The cushion part is made of pompadour silk, stuffed and mounted over a glass canister which forms a pedestal, which should stand about four inches high. The cushion part is about three inches square and is finished with a beaded fringe about two inches long. A narrow gimp covers the joining of the fringe. The heads for the fringe can either be iridescent or they may match some shade of the silk used for the cushion.

VELVETEEN USES.

I always save old pieces of velveteen, as I find they are very useful. I quite clear for cleanest walls, says a writer on the New York Press. Tie the velveteen over the head of a broom sweeping the walls from top to bottom, and you will find it impossible for dust to remain on walls that have been so treated. It is also very good to use after painting a stove to rub over with a piece of velveteen, as it gives an extra shine.

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How the Remedy for Catarrh Was Discovered.



THIS terrible disease has raged unchecked for years simply because symptoms have been treated while the vicious germs that cause the trouble have been left to circulate in the blood, and bring the disease back as fast as local treatments could relieve it.

C. E. Gauss, who experimented for years on a treatment for Catarrh, found that after perfecting a balm that relieved the nose and throat troubles quickly, he could not prevent the trouble beginning all over again.

On test cases, he could completely remove all signs of Catarrh from nose and throat, but in a few weeks they were back.

Careful experiments and investigations have shown that as the troubles were expelled from the nose and throat, the real cause of the disease was overlooked and in a short time the Catarrh would return stronger than ever. Mr. Gauss has gone way ahead of the ordinary methods of treatment and has provided a

Kills the Germs in the Blood
and immediately gives relief to the nose and throat.

He perfected the New Combined Treatment, since admitted to be the logical, sure, scientific method. Reese Jones, of Scranton, Penn., says that after trying many other treatments, he used this new method and—My nose is now entirely clear and free and I am not bothered by the disease any more. The New Combined Treatment is worth its weight in gold.

Temporary relief from catarrh may be obtained in other ways, but the New Combined Treatment must inevitably be accepted for permanent results.

Sarah J. Cape, Mount Pelia, Tenn., says, "I suffered the pains and distress of catarrh for thirteen years and needless to state, tried nearly every method. But by your new method I was completely cured and you cannot imagine the joy that has come over me."

A large trial treatment, with complete, minute directions, will be sent free of cost to all sufferers. Send no money, take no risks, make no promises. Simply clip, sign and mail the coupon and the test package of the New Combined Treatment will be sent fully prepaid, together with the reliable book on Catarrh.

Goes to the Root of

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Constant "frog-in-the-throat"
Nasal discharges
Sneezing and spitting
Sore throat
Bad breath
Frequent colds
Difficult breathing
Smothering sensation in dreams
Sudden fits of sneezing
Dry mucus in nose
and any of the other symptoms
that indicate approaching or
present catarrh.

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If your New Combined Treatment will relieve my Catarrh and bring me health and good spirits again, I am willing to be shown. So, without cost or obligation to me, send fully prepaid the Treatment and Book.

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