

INGERSOLL CREAM CHEESE

SPREADS LIKE BUTTER

You can buy twice the quantity of Ingersoll Cream Cheese in blocks for the same money as you would receive in jar cheese, besides there is just as much difference in the quality in favor of Ingersoll Cream Cheese as there is in the price.

Never Becomes Hard. Every Particle Can Be Consumed.

Sold only in 15c and 25c blocks
For Sale By All Grocers

MANUFACTURED BY
INGERSOLL PACKING CO. Limited
INGERSOLL, ONTARIO
CANADA

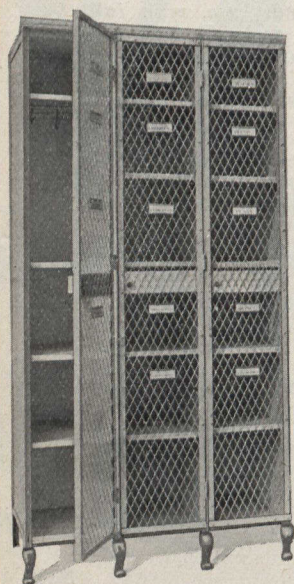


LOOK FOR THE SHEEP



THIS SHEEP TRADE MARK
IS ON EVERY GARMENT OF
"CEETEE"
UNDERWEAR

Sheet Steel Fruit Locker

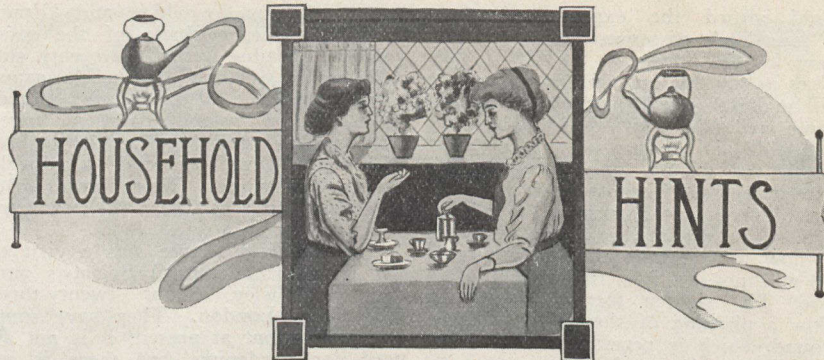


— FOR —
CANNED FRUITS,
MEATS or
BOTTLED GOODS

C Made entirely of metal, consequently germ proof. Capacity **216** quart jars. Adjustable shelves. Fly proof. Lock and key to each compartment. **LOOK OUT FOR IT AT TORONTO EXHIBITION, INDUSTRIAL BUILDING.**

The GEO. B. MEADOWS
Toronto Wire, Iron and Brass Works Company
Limited, 479 Wellington St. W., Toronto, Can.

Have **YOU** read
page thirty-two?



When Company Comes

A NEW hint in serving grapefruit is to flavor it with maple syrup. The pulp is loosened from the skin, as usual, with a sharp knife, after which the centre is filled up with the syrup, which must be the pure sugar melted down. This adds a new and very delicious flavor. Currant jelly, too, has been discovered as an excellent substitute for the rum which was for a long time the only flavoring used with this fruit.

The secret of the delicious ham sandwiches served at an afternoon tea last week was in the cooking of the ham and the abundance of mayonnaise used in mixing the meat. The ham had been broiled until it was brown and then ground very fine and mixed plentifully with mayonnaise. The meat may be cooked in the oven, a thin slice being allowed to bake until it is well browned, or the meat may be fried. There is a more definite flavor about ham cooked in any of these ways than there is if it is boiled.

Shredded chickens dressed lightly with mayonnaise and served in little French rolls is popular at afternoon teas.

Gruyere cheese and nuts seasoned with salt and paprika make tasty sandwiches for little meals.

Care of a Refrigerator

A N up-to-date refrigerator is built on scientific principles. It is not simply a box holding a cake of ice around which food may be set indiscriminately. In a properly built refrigerator the ice occasions a circulation of cold air. Thus cold air from the ice compartment enters at the bottom of the food compartment, rises to the top and passes back into the ice chamber. From this it is evident that the coldest place in the provision chamber is at the bottom and also that articles of pronounced odor, as melons, fish, etc., should be stored on the upper rather than on the lower shelves of the food compartment. With this arrangement there will be absolutely no commingling of odors or flavors.

A Variety of Items

A VERY safe and simple way to remove iron-mould from linen is to rub some lemon-juice over the iron-mould, and iron with a moderately hot iron. Repeat if the first application does not entirely remove it. I have never known this remedy to fail.

For an irritable cough, bronchitis, croup, or whooping-cough—especially at night, when sleep is prevented—wring a piece of flannel out of very hot water, and place over the Adam's apple, over which put a small piece of mackintosh, tying these on with a silk scarf or handkerchief round the neck. This will give immediate relief, and will induce sleep. A few drops of vinegar added to the water will be found beneficial.

Put a ring three-quarters to an inch deep, on rack over burner, place kettle on top, and the gas, instead of spreading and flaring up sides, and so wasting—as it does when kettle is simply placed on the rack—will gather underneath, and effect a great saving. I had an iron ring—also an oblong one for the long burner—made at the iron-monger's, but the rims of old saucepan covers answer just as well. Have used rings for a year or two with great success.

A pretty workcase may be made of a piece of canvas twelve inches long and seven inches wide, lined with silk. Featherstitch the canvas down both sides and across one end, leaving a space to turn in the edges. Baste on a lining and finish the edges by turning in and

blind stitching. The featherstitched end then is pointed by turning down the corners and sewing them together. Turn the other end up about four inches to form a bag and sew the sides together. Make a loop in the pointed end and sew a button on the outside.

To Clarify Fat

A NY uncooked fat, such as suet, the fat from chickens, and all superfluous beef fat, should be saved and clarified, or made pure and clear. Cut the fat into small pieces, cover with cold water and cook over a slow fire until the fat has melted and the water nearly all evaporated. Then strain and press all the fat from the scraps. When it is cool remove the cake of fat which forms on top. If any particles of sediment adhere to the fat, place the latter in a saucepan on the stove and while heating add one small raw potato cut small. When these are brown and crisp, strain through a bit of cheese cloth and cool.

Unhealthy Furnace Heat

IF there is a waterpan in your furnace, be sure to keep it supplied with water, for if you neglect to do so, the air in the house is apt to become little better than that of a most arid desert where even plants will not grow. Air which is heated by stove or furnace loses its moisture, and low humidity is very prejudicial to health. The shock to the system in stepping from a humidity in the house of say 30 per cent., to that of outdoors, which averages 70 per cent., readily induces catarrh, colds and other diseases of the mucous membrane, and explains how easily we "catch cold."

The trouble with the average furnace is that the waterpan is too small, and even at best could not be made to supply moisture uniformly, as, being at one side or other of the furnace, only the pipes directly over it draw any of the moisture laden air, with the result that most of the rooms in the house get but the hot, dried out air.

A waterpan completely circulating the furnace just inside the casing is a recent invention which guarantees a uniform and abundant supply of moisture to the air carried to every room in the house, and in view of the general adoption of furnaces for house heating, this improvement has not come any too soon, for health comes before all other considerations, and an abundant supply of humidity in furnace heated air is a prime factor to it.

Something to Remember

A pinch of borax stirred into fresh milk will keep it for some time, and also prevent the cream going sour.

Stains may be removed from tinware by scouring with common soda, then washing thoroughly and drying.

A little ammonia in the water in which silver is washed will keep it bright for a long time without cleansing.

To keep lemons have some nice, dry, clean sawdust in a box and bury them in it, and they will keep for weeks.

When making puddings always beat the yolks and whites of eggs separately and use the whites as the last ingredient.

Either cold or lukewarm water should be used for cleaning bread or pastry boards. Hot water softens the wood and causes grease to spread.

When the tin moulds are used for boiling or steaming puddings, remember to grease the cover of the mould as well as the mould itself with butter.

To clean and brighten rugs, have a clean mop, wring out of clean, warm water in which is one-half cup of ammonia. Mop the rug as you would a floor.