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in the world, with the exception of the four Gospels, the reader of them would have no idea that women were ever considered inferior to men in any way whatsoever." Our Lord seems to have deliberately spoken of men and women in the same way, in His illustrations. Two men in a field, and two women at the mill—one is taken and one left. A man seeks for his lost sheep, and a woman for her lost piece of silver. A man sowed seed in his field, and a woman hid leaven in her meal. There were many lepers in Israel but only one leper (a heathen) was cleansed. There were many widows in Israel, but Elijah was sent to a widow of Zarephath (a heathen place.)

Nearly a hundred years ago an American woman felt herself called to the medical profession. In those days a "woman doctor" was unheard of. The idea filled people with horror. Elizabeth Blackwell tried the larger medical colleges and was refused admittance. Then she tried twelve smaller medical schools and was at last accepted, winning her M. D. degree in 1849. Twenty years later Sophia Jex Blake, calling God to go with her, made a determined attempt to study medicine in Edinburgh. She was fired with the desire to give effectual help the poor and suffering women. After a hard battle against tremendous opposition Miss Blake gave up the struggle—in Edinburgh—and undauntedly set to work in London to found the London School of Medicine for Women.

As a result of that woman's courage, faith and persistence, other women have been able to carry help and healing where trained workers among women are urgently needed. Twenty-five years ago two women doctors from Edinburgh settled in a long, white bungalow in India, having come a long way to help their suffering sisters and helpless little children.

Were they needed there? Listen!

"One day, hearing that a wee child of three lay unconscious after convulsions, one of the young doctors went to see what could be done; and arrived just in time to see a Mohammedan doctor lift a red-hot piece of iron and press it on the child's head. When a cry of horror escaped her, the child's own father replied: 'Oh, Miss, for many days that door was open, and an evil spirit entered there and must be destroyed, or our child will die.'"

One of the women doctors was called up at midnight to see a dying woman. She found in another room a tiny baby which had not been fed for four days. She was told: "Oh, never mind the baby it's not worth while to do anything to it, it's nothing but a girl."

That village 'was once a village'—despair, it is now a village of hope. The fame of the two women doctors has spread far and wide." The courage of another woman has "enabled them to bring comfort, love, and a message of hope to the suffering women of India."

I have just given you a peep into "Christ and Woman's Power," and the book itself only touches the edge of the wonderful story of the great work opening out before women of this century. The subject is a fascinating one, but we must not forget that we are servants of Christ. Each woman has her "set office"—and each man also—and those who are set over the things that are made in the sauce-pans and frying-pans shall receive the great reward of the Master's "Well done!" as certainly as the women who have been called to serve in the high places of the world's field—if they are faithful.

The high title claimed by St. Paul, St. Peter and other leaders of the Church was "a servant of Jesus Christ." What higher service can we aspire to?

"Yea, thro' life, death, thro' sorrow and thro' sinning,
He shall suffice me, for He hath sufficed."
DORA FARNCOMB.

For the Sick.

A reader of the "Advocate," London, Ont., sent a box of lilies of the valley—nearly sixty bunches—which gave much pleasure to patients in the hospital. I also acknowledge gratefully the copies of "Onward," "Northern Messenger," etc., which are read and passed on by many patients.

DORA FARNCOMB,
6 West Ave., Toronto.

The Ingle Nook

Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in a stamped envelope ready to be sent on. (4) Allow one month in this department for answers to questions to appear.

Making a Fireless Cooker.

A fortnight or so ago "Medicus" put me in for telling you how to make a fireless cooker, so here goes. In the first place if you want one, and can well afford it, buy a cooker; the commercial ones have been brought to a high state of efficiency.

If you can't afford to buy one you can make a very helpful substitute at home—one that will cook very nicely any dish that requires, or will bear, long, slow cooking.

First of all you must secure the receptacle. This may be: a stout wooden box, closely jointed and with a close lid; an old trunk; a wooden candy bucket; a galvanized iron ash or garbage can; or any similar contrivance. The next requirement is one or more inner "containers," according to the size of the outer receptacle; and the third is plenty of insulating material, which may be excelsior, paper torn in bits and crumpled, clean straw or hay, wool, etc. Some sheets of asbestos about one-eighth of an inch thick.

Process: (1) First line the outer box or bucket, lid and all, with the sheet asbestos.

(2) Next make receptacles of the asbestos of just the right size to contain the inner receptacles or containers. These may be tin or galvanized pails with close covers. An asbestos top should be provided to cover each over, and, of course, there must be an asbestos bottom.

(3) Pack into the bottom of the large outer receptacle at least 3 inches of the excelsior, hay or whatever is used, packing it very firmly. Place the asbestos cylinders with the buckets inside on this, and pack the non-conducting material all about as solidly as you can, to within half an inch of the top of the asbestos cylinder. Now if you have a zinc top to fit your box, with a hole, or holes cut the size of the top of the asbestos cylinders, your cooker will look neat, and you will not be bothered with the excelsior or hay coming up in the way.

Cooking in the Fireless.—A cooker of the kind described above is, of course, useful only for foods that will cook slowly, as it cooks solely on the principle of retention of heat. It is, however, excellent for porridge, scalloped potatoes, stews of all kinds, custards, small beets etc., and the only trick is to select meals that it can manage. In time the housewife becomes quite an expert at this, and finds she can provide a great variety of foods in the cooker, saving both fuel and time, and sparing the kitchen unnecessary heat. Two things necessary to remember are: 1, That one must never peep in to see how things are coming on, as that would let out the heat. 2, That one must allow plenty of time for the foods to cook. The fireless of this description takes considerably longer than the range, as a rule; but as it does not let the foods cool off quickly it does not matter if they are left considerably over-time—provided, of course, that they are not the sorts of dishes that require to be removed the very minute they are done.

When using the cooker it is necessary to let the article boil rapidly for 5 to 15 minutes, according to the kind, on the oil stove or range; then put it at once into the container, put on the lid, cover with the asbestos top, then with a cushion kept for the purpose; finally close down the lid of the box or can and leave until required.

Some of the commercial cookers are provided with radiators that will permit roasting and baking, but it is hard to make one of this kind at home that will be absolutely satisfactory and run no risk of setting the cooker, and perhaps the house, on fire. Anyhow a fire in the range for one day a week will do a good deal of baking and roasting.

It is unnecessary to say, perhaps, that the interior of the cooker must be kept very sweet, the utensils being well washed, dried and sunned, after each using, and the lid of the box left

open, exposed to full sunshine whenever possible, until every odor has disappeared.

Are you taking time to teach your children, or any children with whom you have to do, to be kind to the birds? The other day a friend of mine came home from a walk along a quiet road quite furious. She had met two little boys carrying a hat half full of tiny, still naked birdlings; nor had her questioning induced the lads to tell what they were going to do with them. At all events, the fate of those baby song-birds, even if they escaped a worse one, could be nothing but slow starvation.

Perhaps the lads did not realize the harm they were doing by destroying the birdlings—and with them all the future generations of birds of which they might have been the progenitors. If so someone had neglected to teach. Mothers, and sisters, and teachers can do much toward saving the birdlife of this continent if they will but take a little time to teach the children to love the birds so much that they simply cannot destroy one or even its eggs.—Besides think of the character effect on the child!

It's up to us to take care of the birds. The agricultural interests of the world demand that we do so in every possible way.—Besides what would summer be without the song-birds? How can anyone miss loving them?

JUNIA.

Worth Thinking Over.

"All food, no matter how simple, should be well cooked and placed on the table with taste and daintiness. A dish, even if well cooked, which is badly dished, offends the eye and has a tendency to mar the pleasure of and benefit to the consumer."
—Food and Cookery.

"The killing of our insect-eating birds must be stopped if we are to save our forests, our shade trees and our fruit trees.—Our Dumb Animals.

Cleaning Silver.

For "An Inquirer," Waterloo Co., Ont. A friend of mine cleans her silver knives and spoons by putting them in an aluminum kettle (must be aluminum) with a quart of water to which has been added 1 teaspoon salt and 1 teaspoon soda. The cutlery is given a good boiling in this, then polished off with a soft cloth. *Scientific American* gives the following methods: (1) "If only slightly tarnished the following is the most suitable method: Prepare a mixture consisting of 3 parts of best purified chalk and 1 part white soap; add water to form a thin paste. Rub with this until the articles are quite bright. (2) Mix whiting with spirit of sal ammoniac to form a paste. Very effective but "makes one weep" as the ammonia bothers the eyes. (3) Liquid polish:—Prepared chalk or whiting, 2 oz.; water of ammonia, 2 oz.; water enough to make 8 oz. (4) Good Polish. Mix together 4 oz. spirits of turpentine, 2 oz. of 90% alcohol, 1 oz. spirits of camphor, and ½ oz. spirits of ammonia. To this add 1 lb. of whiting and stir until the whole is like thick cream. Cover the silver with the mixture, applying with a clean sponge. Let dry, then brush off and then polish with chamois.

Re Window Shades.

For "Subscriber." Try dry cleaning your window shades by rubbing them well with a mixture of borax and starch, or one of the wall-paper cleansers that can be bought at a hardware store. If these fail you can paint the blinds the same color, taking care to put the paint on very thinly and evenly with a rather soft brush.

Window Curtains.

For "Mary," Wellington Co., Ont. Whether you shall use two sets of curtains for each window (except the hall, of course) must depend on the size and character of your room. Two sets of curtains are not always necessary. Some rooms look best with just one set, made of scrim, net, voile, marquisette, or muslin, sash length, with a connecting valance between at the top. Other rooms seem to need a broader effect; then in addition to the net curtains next the glass, side curtains and top valance are added. These may be of chintz,

Pongee, Japanese any of the prim curtain fabrics. a room in which draped with plain chintz (very little no side curtain very good. It room. You see upon the character you will have tion and judge the invariable paper and rugs used, while with or figured curtain always needs head

As a rule a but house, for that n than when given downstairs wall done with plain chamois or honey liked), or light or painted wood rugs; side curtains cushions of chintz to give space (one-color spaces) of the chintz.

But if one a rugs that must scheme must b count, now, m it should happ "made for the r do very well if t rug is oriental, o not go well w curtains must be scrim, with side desired) of plain plain sunfast lin If one remember always bad, a must be offset b cannot go very l

Of course, s coloring. Soft ones, should be should prevail t

Season

Pea-Pod Soup. pea pods. Th cream soup. T shell them and u and the pods for pods put them an onion and bone, leg of la Cover the pods water and let s half, or until it salt and pepper spoonful of flo butter and stir one pint of mill in the broth wi and cook for ab it thickens sligh

Berry Custard (or a large fruit bits of sponge Make a rich cus yolks of 2 eggs an of sugar. F almond or vanil chopped nuts (berries over a custard over a Finally put ber sugar, cover w serve at once. with a pint of starch and sug prefers.

Wild Raspber well, heat and b three-fourths as boil again for small jars or gla with sugar to t inch, then with with a lid. The Raspberry Jam not too rich, or be short enough, tough. Roll ou with jam, then r together. Bru Serve hot, for p sugar.

Banish

Scientific Ame methods of getti 1. To drive keep them out, insect powder, g camphor, tobacco persistence.