

MILK TOAST.—Toast the bread—either Graham or white—to a golden brown. Have a shallow dish on the back of the stove more than half full of boiling water, in which a tablespoonful of butter has been melted. As each slice is toasted dip it into this for a second, lay it on the deep heated dish in which it is to be served, and sprinkle it lightly with salt. By the time the bread is toasted have ready one quart of milk, scalded but not boiled. Thicken this with two tablespoonfuls of corn starch rubbed into two tablespoonfuls of butter. Boil up once and pour over the toast, lifting the lower slices one by one that the creamy mixture may run in between them. Cover closely and set in the oven three minutes before sending to the table.

MOCK BISQUE SOUP.—Put three pints of milk, less half a cupful, in a double boiler to boil, and put down a quart of canned tomatoes to stew. In the half cupful of milk that was reserved put a large tablespoonful of flour, and mix it until it is very smooth; then add it to the boiling milk and let it cook ten minutes. Add a tablespoonful of soda to the tomatoes, and when they are cooked rub them through a strainer fine enough to retain the seeds. Add a piece of butter the size of an egg, and the proper quantities of salt and pepper to the boiling milk; then add the strained tomato and serve immediately. Put some croutons in theureen before pouring the soup into it. Many prefer the soup without croutons. In that case serve them in a dish by themselves.

THE QUEEN PAYS ALL EXPENSES.

The Queen's last "Free Trip to Europe," having excited such universal interest, the publishers of that popular magazine offer another and \$200 extra for expenses to the person sending them the largest list of English words constructed from letters contained in the three words "British North America." Additional prizes, consisting of Silver Tea Sets, China Dinner Sets, Gold Watches, French Music Boxes, Portiere Curtains, Silk Dresses, Mantel Clocks and many other useful and valuable articles will also be awarded in order of merit. A special prize of a Seal Skin Jacket to the lady, and a handsome Shetland pony to the girl or boy (delivered free in Canada or United States), sending the largest lists. Every one sending a list of not less than twenty words will receive a present. Send four 3-cent stamps for complete rules, illustrated catalogue of prizes, and sample number of the Queen.

Address, The Canadian Queen, Toronto, Canada.

OUR NATIONAL FOODS.

Every grocer and general merchant who wishes to make hay while the sun shines should see to it without delay that he has in stock an assortment of "Our National Foods." They are gradually growing in popularity, and storekeepers who have not yet handled them would undoubtedly bring grist to their mills by doing so. Popular as these foods are, there is yet ground waiting for the wide awake business man to cultivate, and he who first breaks the soil will reap the first fruits. The Ireland National Food Co. (Limited) of Toronto are the manufacturers of these invigorating, health-giving and delicious foods, a partial list of which will be found in another column.



The Children of the Vanderbilts,

How they are Trained,
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Showing the sensible methods for systematic training in a well-known family—a most interesting and helpful article in the OCTOBER number of

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Mrs. Lyman Abbott's Department,
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A new feature, wherein the wife of the Rev. Lyman Abbott, D. D., (Henry Ward Beecher's successor,) holds a confidential talk with women each month, under her familiar pen name of "AUNT PATIENCE."

The OCTOBER number is on the News Stands, at TEN CENTS a copy.

For One Dollar mailed to us direct, you may have THE BALANCE OF THIS YEAR FREE—your subscription for a Dollar to run from now to January 1892.

Our subscription list now numbers NEARLY HALF A MILLION; we ought to double it. Never before was offered so handsome a Magazine for Ladies and the family.

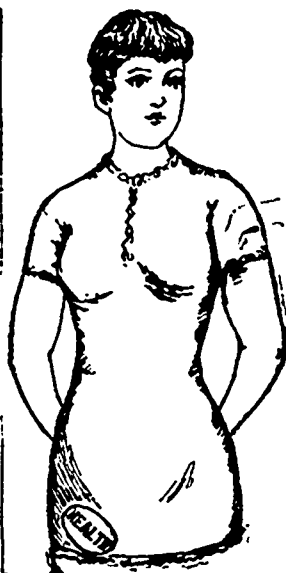
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WORTH SEEING! WORTH KNOWING!

Invite your neighbours and friends to see you wash clothes with "SUNLIGHT" SOAP. Let them see you soap the clothes well, then roll them in a tight roll and put at the bottom of the wash-tub for half an hour, then taken out, rubbed lightly, and well rinsed.

It will be quite a curiosity to see a wash done without the necessity of boiling a single piece, no matter how dirty.

BEWARE—Do not allow other Soap said to be as good as "Sunlight" to be palmed off upon you, or you must expect to be disappointed.



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