

## TEACHERS SEE WASHINGTON FROM RUBBERNECK WAGONS

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"JACK SPRAT could eat no fat, his wife would eat no lean,  
And so between the two, they kept the platter clean."  
If Mother Goose could come back she would find that the enemies of the frying pan and the adherents of good eating in all shapes and forms are following the example of Jack and his spouse and using both fat and lean diet.

No problem in the food question is more vital than that of the proper fat to use, for fat is necessary to health.

The purest that comes to our table is olive oil, but its cost precludes its use by all, and all palates do not relish its nutty flavor.

Sweet, fresh butter is more desirable. It is the unfailing resource of the cook: there is no substitute for it, nothing better.

But, even tho you may have it in abundance, butter does not do for all uses, and now few can afford it for any use but the table.

be had on any market at a cost of about three pounds for twenty-five cents. Now, in cities, pure lard sells at fifty cents for a three-pound pail.

If you will read the label on the pails you will find that it seldom says "Pure lard," but reads "Composition lard," or "Compound lard." This is because beef suet is added, or the fats are mixed with other oils.

Some of these compounds give better results in dressing than pure lard.

The best fats for frying are those that can be made hottest without burning. Next to olive oil stands cotton seed oil. This last has been so much improved that it is now entirely free from the strong flavor and unpleasant odor that was so objectionable when it was first brought into use.

Almost all wholesale bakeries use it for shortening, and it is safe to say that all shortening compounds contain a quantity of it. The discriminating cook thinks her larder incomplete without a crock for dripping. Not only is it economy to have every bit of bread cracker for dripping.

The dripping crock will cut your lard bill in two if kept in constant use. There is an excellent fat separator on the market that instantly removes every particle of fat from gravies, broths and liquids that contain them.

The affair is not much larger than a pigcup and acts like magic, for as fast as the liquid is poured in it flows out the spout free from the fat, which remains in the separator.

## GRAND DUKE COMING TO STUDY SHIPPING

ST. PETERSBURG, March 24.—Grand Duke Alexander Michaelovitch will leave for a visit in Canada and the United States in the near future. His daughter still presides over his household. The grand duke, who is a vice-admiral in the Russian navy and has several commands in the army as well as occupying important posts at court, is going to study Canadian and American shipping and docks.

the United States immediately after the Russian Easter, April 27. But let there be no palpitating among the tuft hunters. He is not looking for a wife. He has been married nineteen years, and the mother of his six sons and one

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EVERY PERSON IN TORONTO AND VICINITY  
TO GET FAT AT OUR EXPENSE.

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now I carry rosy cheeks, which is something I could never say before.

"My old friends who have been used to seeing me with a thin, long face, say that

thin and underweight no matter what the cause may be—that makes brain in five pints and blood in four—that puts the red corpuscles in the blood which every thin man or woman so sadly needs. How can we do this? We will tell you. Science has discovered a remarkable concentrated treatment which increases cell growth, the very

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men produced before. It is a revelation to women who have never been able to appear stylish in anything they wore because of their thinness. It is a godsend to every man who is under weight or is lacking in the flesh or energy. If you want a beautiful and well-rounded figure of symmetrical proportions, of which you can feel justly proud, —

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I will send you, absolutely free, a 50c box  
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statement of those who have tried—who  
have been convinced—and who will swear to  
the virtues of this marvelous preparation:

**Dr. George W. Davis says:**

“I have made a faithful trial of the Sargol treatment, and must say it has brought me new life and vigor. I have gained twenty pounds and now weigh 170 pounds, and, what is better, I have gained the days of my boyhood. It has been the turning point of my life. My health is now fine. I don't have to take any medicine at all, and never will again.”

**A. A. Rodenheiser writes:**

"I have gained immensely since I took Sargol, for I only weighed about 106 pounds when I began using it, and now I weigh 130 pounds, so really this makes twenty-four pounds. I feel stronger and am looking better than ever before, and

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This coupon entitles any thin person to one 50c package of Sargol, the concentrated Fish Builder (provided you have never tried it), and that 50c is enclosed for postage, etc. Read our advertisement printed above and then put 10c in stamps in letter today, with this coupon, and the full 50c package will be sent to you by return of post. Address The Sargol Company, 424-C, Herald Bldg., Birmingham, N.Y. Write your name and address plainly and **PIN THIS COUPON TO YOUR LETTER.**

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