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"After trying every flour on the market, I now use

REGAL FLOUR

exclusively because I have found that no other flour gives such invariably satisfactory results. With Regal I know I can make bread and pastry that will always excel. There isn't a doubt in a barrel of Regal. It's all good and always good. That's why I always use Regal and recommend it to other housewives. They take no risk in trying for they can buy a barrel subject to the condition that if not satisfactory they can get their money back."

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



WORK THIS PUZZLE! SEND NO MONEY!

FREE NOIS \$50. CASH PRIZE

ALSO A PRIZE OF \$10 FOR NEAREST SOLUTION. Somebody who sends for particulars of this Puzzle Contest telling us WHAT THREE STATES IN THE UNITED STATES ARE REPRESENTED BY THE ABOVE THREE SKETCHES, will receive a \$50 GOLD WATCH or \$50 IN GOLD MONEY! Try it at once. It may be you. Write the names of the States in a letter or postcard, giving your Name and Address **BRITISH PREMIUM CO. Dept. 13 Montreal, Canada.**

DANGER PERIOD OF WOMAN'S LIFE FROM 45 to 50

Interesting Experience of Two Women—Their Statements Worth Reading.

White Oak, Ont.—"At Change of Life when doctors could do no more and I was given up by my friends, Lydia E. Pinkham's Vegetable Compound came to the front and did wonders for me. I had been having female troubles for years, my head troubled me severely at times, I had bearing down pains and backache, and I was anemic from excessive flowing. I recommend your Compound highly and do all I can to advertise it as a genuine woman's medicine."—Mrs. SYLVESTER MANNING, White Oak, Ontario.

The Case of Mrs. Kirlin. Circleville, Ohio—"I can truthfully say that I never had anything do me so much good during Change of Life as Lydia E. Pinkham's Vegetable Compound. "Before I had taken one half a bottle of it I began to feel better, and I have continued taking it. My health is better than it has been for several years. If all women would take it they would escape untold pain and misery at this time of life."—Mrs. ALICE KIRLIN, 368 W. Mill St., Circleville, Ohio.

The Change of Life is one of the most critical periods of a woman's existence. At such times women may rely upon Lydia E. Pinkham's Vegetable Compound.

For the Bride
No gift is more acceptable than beautiful, durable silverware. Remember that **1847 ROGERS BROS.** is the original "Rogers." It is "Silver Plate that Wears." Made in the heaviest grade of plate, and ranks first in quality.

Guard The Home Against Dirt



SAPIOL & STEEL
Ladies' PILLS

OF INTEREST TO WOMEN

Declining Marriages

WE must accept for once the official figures in regard to the marriage rate; they have been so consistently declining.

As a great novelist once said: "Marriage is only one of our second-rate distractions."

But it is now certainly plain that it can hardly lay claim to even third-rate popularity; or perhaps people are beginning to believe that there is more "distraction" than "attraction" about it.

Theories galore have been advanced to account for this, but, as a witty Irishman once remarked: "There is no reason for marriage—only woman, and so, in endeavoring to ascertain which sex is the more guilty for the state of affairs alluded to, an old proverb might be amended thus: 'Man proposes—but woman prompts—and woman disposes.'"

But the question cannot thus be lightly dismissed. Woman may be held responsible in the main for the marriage rate; but the initiative has been forced upon her!

That is, up to within recent years when man monopolized all the business and professional pursuits—marriage was the only trade left to woman, and so she devoted all her little energies to that end.

Now that her right to perform more interesting and intellectual work than mere drudgery and domestic duties has been acknowledged she is able to exert an independent choice.

It therefore seems very unflattering to man that the marriage rate has so rapidly declined.

It is also profoundly disquieting. Left to her own choice, woman can easily dispense with man; but man cannot so easily dispense with woman!

It might indeed be said that woman is the loving—man the marrying animal.

That is—one wants adoration, the other a home; for the majority of men are, at heart, inclined to agree with Southey that "a man may be cheerful and content in celibacy, but I do not think he can ever be happy; it is an unnatural state."

Besides, men are much more far-seeing than women—they dread an unloved, lonely old age—and still more the awful isolation of a selfish bachelor's death.

As a clever epigrammatist has said:

"A bachelor lives the life of a gentleman and dies like a dog; the married man lives the life of a dog and dies like a gentleman."

But, however much man may deplore the modern woman's coldness, however much he may interpret the modern decline in the marriage rate as a sign of the decay of domesticity, and compare the Victorian woman with the Georgian woman—to the latter's disadvantage—in spite of this, it must be confessed that the new system has benefits.

The man who is now accepted by a woman as her life's partner need now have no fear that it is a case of Holmes and Watson.

Bridegrooms may now pride themselves more and more upon the fact that their intrinsic qualities have won the hearts of their brides.

In a word, if a woman is enjoying independence in a well-paid post, with a prospect of promotion, surely nothing but a true love will tempt her to throw it up and accept the life-long monotony of housework and burdens of maternity for the sake of any man.

She can be sincere. She is queen of herself—a busy, responsible personality—a citadel worth winning—and not the fawning, invertebrate butterfly that George Meredith and other great writers have deplored.

But is hard for "mere man" to accustom himself to these modern conditions. "Single blessedness" is not so easy for him to bear as for woman. Man is more social—more home-loving; and statistics need hardly be called upon to prove the fact that more divorced men than divorced women and more widowers than widows, marry.

Woman is far more adaptable—she can derive far more happiness and satisfaction from solitude and thrive on far less than man.

True it is that bachelors commit suicide with far greater frequency than widowers.

And not only do bachelors, again, seek the desperate release of self-destruction far more often than married men, but between the ages of thirty and forty-five three of the former die to every two of the latter.

Thus, poor man is suffering dearly from the new order of things. But it must be said that, for the most part, he has no choice—that is,

many women are carrying their emancipation altogether too far.

They are dictating terms; they are "sticking out" far far more congenial conditions in marriage, far more qualities in their prospective husbands than their mothers and grandmothers ever dared to hope for.

It is only natural in a sense, for the money a business girl can earn gives her the taste for greater and ever greater luxuries.

She considers that her sweet independence can only be given up for goodly compensations.

Even in the old days sweet independence can only be given up for goodly compensations.

Even in the old days a man might not have been entirely content to pay this price. He might have wished for a more entirely "womanly" woman—a weak, dependent, domesticated case—bird, utterly dependent upon his whim!

But now that woman is competing with him in business pursuits, making his living more precarious and his prospects more uncertain, he finds himself utterly unable to take upon himself the responsibilities of a wife.

Then man is repelled by the aggressive abilitism of so many women of today.

Their very muscles scare him. He would as soon think of courting a statue.

And allowances must be made for his detestation of "mannish" habits in woman—the furtive cigarette, the motorcycling, the golf, the dabbling in politics—such things will always repel the domestically-inclined man, who years ago for a tender little wife he could do something towards restoring the Englishwoman's reputation (won in the eighteenth century, but lost in the twentieth) of being the best house-keeper in Europe.

Perhaps the future will adjust the trouble. The business girl will be less exacting in her demands on woeful or else her old domestic and maternal instincts will reassert themselves—and mere masculine nature could never stand against her desires.

And so, at last, she may at length lead men back to the pleasant paths they now fear to tread; and this will be good; for, as Robert Louis Stevenson said: "To marry is to domesticate the Recording Angel!"

Vancouver Colonist.

Apple Dishes for Apple Day

THIS is apple day, an announced by the international association, and every housewife is expected to pay tribute to this fine fruit by preparing a dish in which it is used. Here are some good recipes:

Apples with oatmeal—Core apples, leaving large cavities, pare and cook in a syrup made by boiling one cup of sugar with 1 1/2 cups of water for five minutes. When the apples are soft, drain and fill cavities with the hot, well-cooked meal, and serve with cream and sugar.

Apples à la Parisienne—Pare several small apples, cut them in half crosswise and remove the cores. Cook them with one cup of sugar to one cup of water, taking care to turn toward the shape. Drain the apples and set each half on a round stale sponge cake, sprinkle lightly with orange juice and either orange or peach marmalade. Cover the apple with a meringue and some chopped almonds and set in the oven to brown delicately. Serve either hot or cold.

Apple pone—Pare and chop fine one quart of sweet apples. Pour a pint of boiling water over one quart of

white oatmeal; when cold, add enough sweet milk to make a very soft batter; add two tablespoons of sugar and one half teaspoon of salt. Add the apples and pour in a moderate oven for two hours.

Apple custard—Steam two large tart apples that have been peeled and cored. Rub them through a sieve and add one cup of milk, two teaspoons of butter, and a quarter of a cup of sugar and the yolks of four eggs. Turn the mixture into baking cups, stand them in hot water and bake about twenty minutes. When they come from the oven, pile the beaten white of egg on top of each cup, sprinkle with powdered sugar and place in the oven to brown slightly. Serve cold.

Raised apple biscuits—Scald one cup of milk, add one tablespoon of sugar, one egg and one tablespoon of butter; let cool. Add one-half cake of yeast dissolved in warm water, one teaspoonful of salt and one cup of flour. Let rise; add cup of apples, pared and grated, and one cup of flour sifted with one-half teaspoon of soda. Let rise for one hour. Shape into two flat

cakes, let them double their bulk, bake in hot oven, split while hot and butter. Serve hot with sugar and butter.

Apples and rice—Pare and core apples, place in a baking dish and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has been boiled for 15 minutes. Cover and bake for 15 minutes longer. Serve hot with cream.

Apples in rice cups—Boil rice in salted water until tender. Half fill cups and let stand until cold. Stand cups in a pan of hot water until they will slip from the cup easily. Scoop out the rice and place in a quarter of an apple that has been cooked in a rich syrup in the cavity. Serve with the apple syrup or cream.

Apple cake—Three pounds of apples sliced, with the skins on. Take three pounds of sugar, one pound of raisins, two oranges; remove peeling and grind in meat grinder; then cut the orange into small pieces. Cook for one hour, adding the nuts five minutes before removing from the stove.

—Christian Science Monitor.

Homecraft Course for Girls

FOR several years there has been more or less agitation as to the advisability of introducing a course in the high school curriculum specially designed to fit women to take up the duties of home-makers. Advocates of such a course say that many a high school girl has little or no training at home in the running of the household machinery. If this training, they say, were given in school, a long step would be taken toward solving the question of the high cost of living, for with such training women must become frugal and intelligent in the matter of spending money.

This fall, as an experiment, classes in training girls in household sciences are a part of the high school course in two schools as widely separated as the Atlantic and the Pacific, says a Newark News writer. The high school in Alameda, Cal., is starting the ball rolling on the western coast, while in

New York city a homecraft course has been introduced in the Wadleigh High school for girls.

At Wadleigh the course will cover four years. On graduating a girl who has completed the course should be able to do good results in the discharging of funds. She should have an excellent practical knowledge of how to cook, sew and make home furnishings, practical as well as artistic. At the same time she is expected to gain through this course and the regular classes a breadth of training which ought to stand her in good stead.

Dr. Stuart H. Rowe of Wadleigh high in speaking of the new course, says that those taking the homecraft course in two schools as widely separated as the Atlantic and the Pacific, says a Newark News writer. The high school in Alameda, Cal., is starting the ball rolling on the western coast, while in

Miss Lucille Hewitt, who is in charge of the course at Alameda, is a graduate of the course in domestic economy at Columbia. In speaking of the course, she recently pointed out that "a household should resemble a great corporation, where the purchasing agent ranks in equal importance with the head of the department that makes the actual sales, and turns the money into the firm's coffers. While the man," Miss Hewitt says, "is the selling agent and money getter of the family, the wife is the purchasing department." Intelligence in the discharging of funds cannot but lead to better living.

FOR THE SUNDAY MORNING BREAKFAST.

Parsley Omelet.
Beat separately the yolks and whites of the eggs. Season the yolks with salt and pepper. For each egg used add one teaspoon each of milk and finely chopped parsley. Stir well and add whites. Brown a lump of butter in a frying pan and pour in the eggs. As soon as they begin to set, loosen by running a knife under the edge. Watch carefully that the omelet does not burn and when finished serve on a hot, covered dish.

Golden Muffins.
Sift two cups of flour into a basin; add three heaping teaspoons of yellow corn meal; rub into them three table-spoons of butter; add a pinch of salt

and two tablespoons of sugar. Sift in 1 1/2 teaspoon of soda and 1/2 teaspoon of cream tartar. Beat up three eggs; add to the eggs one cup of milk; then pour them among the dry ingredients. Mix well, half fill gem pans which have been greased and heated, and bake in a moderate oven for half an hour.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co.

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"A Tea With a Past" AS WELL AS A FUTURE.

For the past 23 years the packers of "Salada" have been giving the public incomparable quality and value and are still strictly maintaining its good character.

"SALADA"

BLACK—FOR BLACK TEA DRINKERS.
NATURAL GREEN—FOR THOSE USED TO JAPANESE.
REMEMBER—"Salada" is sold in Sealed Packages only. Never in any other form.

Ready for the Chilly Days?

The best protection against sudden changes of temperature is the robust vigor that comes from a nourishing food that is easily digested, that contains in well-balanced proportion all the material for giving warmth and strength to the body. Fortify yourself against cold and exposure by eating

SHREDDED WHEAT

the food that supplies in digestible form all the proteids and heat-making units that are needed for work or play in any climate. Its daily use is an easy solution of the servant problem because it is ready-cooked and ready-to-serve and is delicious in combination with all kinds of preserved fruits.

Always heat the Biscuits in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted TRISCUTI, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



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