

SURPRISE SOAP

While the best for all household uses, has peculiar qualities for easy and quick washing of clothes. **READ** the directions on the wrapper.

156 St. CROIX SOAP M^{fg}. Co., St. Stephen, N. B.



The most Delicately Perfumed

POPULAR SOAP

OF THE DAY.

SOLD EVERYWHERE,

USED BY EVERYBODY.

AND MADE BY

THE ALBERT TOILET SOAP COMPANY.

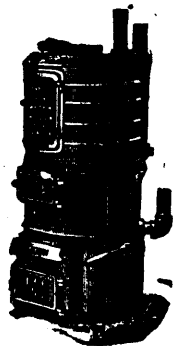
"The smith a mighty man is he,
With large and sinewy hands,
And the muscles of his brawny arms
Are strong as iron bands."

Sinewy hands and muscles, like iron bands, are what athletes are trying to develop.
The best athletes of to-day use

- - Johnston's Fluid Beef - -

when training, and acknowledge it to be the best muscle-forming and strength-giving food.

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The Celebrated
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Annual Sales Exceed 33 MILLION LBS.
For Samples write to C. ALFRE. CHOUILLOU, MONTREAL.



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"DAISY" HOT WATER HEATER

Has the least number of Joints,

Is not Overrated,

Is still without an Equal

WARDEN KING & SON,
337 CRAIG ST. MONTREAL

BRANCH, 110 ADELAIDE STREET WEST, TORONTO.

HEALTH AND HOUSEHOLD HINTS.

A little saltpetre or carbonate of soda mixed with the water in which flowers are placed will keep them fresh for two weeks.

Use a tooth brush for cleaning around the handles of cups and tureens and for dishes with rough surfaces or raised designs; keep it convenient and it will be used oftener.

Beef Toast: Chop fine the remnants of boiled or roast beef, moisten with the broth or gravy, season with butter, pepper and salt and heat; spread thickly upon slices of hot buttered toast and serve.

A small paint or varnish brush, costing about five cents, will be found a useful accompaniment to the larger stove-polishing brush, as it can be made to reach into corners where the other one will not go.

Salmon Salad: Free the contents of a can of salmon from skin and bone, and arrange them on a bed of lettuce leaves. Pour over the salmon half a cup of lemon juice and serve very cold.

To make potato roses select round instead of long potatoes; after taking off the skin cut round and round as if paring an apple being careful not to break it until the potato is used up. Fry in a kettle of hot fat, sprinkle salt over them and drain. Steamed potatoes are very mealy and nice.

Swiss Roll: Eight eggs, half a pound of flour, half a pound of powdered sugar. Whisk the eggs and sugar to a thick cream, add the flour lightly, then spread out carefully on well-buttered and prepared tins, and bake in a very quick oven. When baked take off the paper quickly, spread with raspberry jam, roll up and dust with sugar.

Tempting Sauce: Cream a sufficient quantity of butter and sugar—for a family of five, use about half a teacupful of butter and a teacupful of sugar. Pour boiling water over this, beat the yolks of four or five eggs with some cream, and stir into mixture. Place on the stove, and boil thick, stirring all the time. Flavor to taste. It is good with any kind of pudding.

Butterscotch: For butterscotch this is a simple receipt that any child may follow. Boil together until the syrup will snap when tested in cold water one cupful each of sugar and New Orleans molasses, half a cupful of butter, two tablespoonfuls of vinegar and one-third of a teacupful of soda. Pour into a buttered tin when nearly cold, cut into squares with a sharp knife and wrap each in paraffin paper when cold.

Delicious Brown Bread: Persons who do not care for hot bread at breakfast will vote this article toothsome enough to satisfy the taste of an epicure. To a generous cup of sour milk, add a heaping teacupful of molasses and sugar, a little salt, and enough Graham flour to make a stiff batter. Beat the mixture thoroughly, and pour it into a small tin pail which has a tightly-fitting cover. Set the pail into a kettle, with cold water enough to cover it. Put the kettle on the range, and let the water come to a boil, refilling the kettle from the teakettle as the supply evaporates. Boil for four hours.

Apple Pie: A delightful variation of apple pie, baked in a crust, has a meringue. It is made with apple-sauce, flavored with the juice and rind of a lemon and a little nutmeg, and it is baked without upper crust half an hour. The crust must be very thin and the oven quick at the bottom to bake the pie in this time. When it is done, remove it from the oven and let it get thoroughly cold. Then make a meringue of the whites of two eggs, beaten to a stiff froth, three teaspoonfuls of sugar, and a teaspoonful of lemon juice, which may be reserved from the juice of the lemon used to flavor the pie. Spread this meringue over the apple pie and bake it for about ten minutes longer in a slow oven, when it should be well risen and delicately browned.

Jelled Tongue.—Boil until done, one large beef tongue, saving a pint of the liquor; remove the skin, allow it to get perfectly cold, and slice as for the table. In half pint of water dissolve thoroughly two ounces of gelatine; carefully take from a teacupful of browned veal gravy all the grease, stir in a small tablespoonful of sugar, one tablespoonful of browned sugar to color the jelly, and three tablespoonfuls of vinegar, then the liquor in which the tongue was boiled; mix in well the dissolved gelatine, then a pint of boiling water; strain through a jelly bag. As soon as it begins to set, pour a little jelly into the bottom of the mould, add a layer of tongue, then more jelly, until it is full; set in a cold place. When wanted, dip the mould an instant into hot water, and turn the contents into a dish, which should be garnished with lettuce leaves, nasturtium flowers or sprigs of celery.

Your Patronage Respectfully Solicited.

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The Old Reliable House for Choice

Teas, Koffees, Spices,

GROCERIES, FRUITS AND PROVISIONS.

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Bouquet Tea and Happy Thought Baking Powder.

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Telephone orders receive prompt attention.

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In 50 and 100 lb. boxes.

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Special Brand, the finest which can be made

EXTRA GRANULATED,

Very Superior Quality.

CREAM SUGARS,

(Not dried).

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Of all Grades and Standards.

SYRUPS,

Of all Grades in Barrels and half Barrels.

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Are a **BLOOD BUILDER** and **NERVE TONIC**. They supply in condensed form ALL the substances needed to enrich the Blood and to rebuild the Nerves, thus making them a certain and speedy cure for all diseases arising from impoverished blood, and shattered nerves, such as paralysis, spinal diseases, rheumatism, sciatica, loss of memory, erysipelas, palpitation of the heart, scrofula, chlorosis or green sickness, that tired feeling that affects so many, etc. They have a specific action on the sexual system of both men and women, restoring lost vigor.

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE

WEAK MEN

(young and old), suffering from mental worry, overwork, insomnia, excesses, or self-abuse, should take these PILLS. They will restore lost energies, both physical and mental.

SUFFERING WOMEN

afflicted with the weaknesses peculiar to their sex, such as suppression of the periods, bearing down pains, weak back, ulcerations, etc., will find these pills an unfailing cure.

PALE AND SALLOW GIRLS

should take these Pills. They enrich the blood, restore health's roses to the cheeks and correct all irregularities.

Beware of Imitations. These Pills are sold by all dealers only in boxes bearing our trade mark or will be sent by mail, post paid, on receipt of price—50 cents a box or 6 for \$2.50.

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FAMOUS COD LIVER OIL
IT IS INVALUABLE IN CONSUMPTION, CHRONIC COLDS, OBSTINATE COUGHS, WHOOPING COUGH, PULMONARY AND SCROFULOUS COMPLAINTS AND WASTING DISEASES GENERALLY.