



ORGANIZED LABOR AS THE MANUFACTURERS' ASSOCIATION  
WOULD LIKE IT.

**Celery Fritters**—Put half a pint of cold water into a saucepan with an ounce of butter and as soon as it comes to a boil stir in by degrees four ounces of flour. Continue to stir until a thick paste is formed. Allow this to cook five minutes while still stirring. Remove from the fire and when the mixture has cooled a little add three eggs, beating one into it before adding another. Season with salt, white pepper and nutmeg and stir in two ounces of grated American cheese. Have ready some pieces of cooked celery an inch long, which have been sprinkled with grated cheese. Make small balls of the cheese paste and place a piece of celery in the centre of each. Dip the balls into beaten egg, cover an equal portion of grated cheese, and fry in boiling fat. Serve with a wine or melted sugar sauce.

**Apple Fritters**—Core, pare and cut some firm apples crosswise into slices a third of an inch thick. With a biscuit cutter stamp them into cakes of uniform size. Sprinkle with powdered sugar and a little lemon juice. Cover with a napkin and when they have stood for half an hour, drain. In the meantime make a batter by mixing and sifting together a cupful of flour, a pinch of salt and a tablespoonful of sugar. Beat well the yolks of two eggs, and half a cupful of milk and stir gradually into the flour. Beat thoroughly before all the liquid is added, as it is difficult to whip a thin batter smooth. Add one tablespoonful of melted butter or olive oil, beat well and stand aside for an hour. When ready to use fold in the whites of the eggs beaten to a stiff froth. If the batter is not sufficiently thick to coat completely the slices of apples, mix in a little more flour. Dip each piece of apple in the mixture and fry to a golden brown in very hot fat. Lift out with a skimmer and dry on paper in an open oven until all are fried. Sprinkle with powdered sugar or serve with a melted sugar sauce.

**Apricot Fritters**—After soaking the required number of apricots, stew them in sweetened water and when cooked drain off the syrup. Put them in a soup plate and sprinkle with powdered sugar and lemon juice, or if desired a wineglassful of brandy. Put the yolks of two eggs into a basin and mix them well with two tablespoonfuls of salad oil and a pinch of salt. Stir in by degrees four ounces of flour which has been thoroughly sifted. When a perfectly smooth paste is formed pour in slowly, stirring all the time with a wooden spoon, half a cup of lukewarm water. Beat the batter for ten or fifteen minutes, cover the basin with a cloth and allow it to stand for two hours. Just before using the butter pour in the wine in which the apricots are soaked or one teaspoonful of vanilla and the stiffly beaten whites of the two eggs. Dry the apricots on a cloth and dip in the batter. Fry in boiling fat and serve with a sauce flavored with wine.

**Rice Fritters**—To a cupful and a half of cold, cooked rice, add a tablespoonful of sugar, the yolks of two eggs, a cupful of milk and sufficient flour to make a thick drop batter. Add a teaspoonful of baking powder with the last portion of flour, and lastly fold in the stiffly beaten whites of the eggs. Fry as usual and serve with maple syrup.

**Banana Fritters**—Remove the skin from four bananas, scrape them and slice into thin round pieces. Sprinkle with a little powdered sugar and a tablespoonful of lemon juice, and stand aside while making the batter. Mix and sift together a cupful of flour, a pinch of salt, one teaspoonful of sugar and a rounding teaspoonful of baking powder. Beat the yolk of an egg with half a cupful of milk, stir gradually into the dry ingredients and lastly fold in the stiffly beaten white of the egg. Add the bananas, drop by the spoonful and fry in deep fat. These are espe-

cially delicious when served with currant jelly sauce.

For this sauce boil a cupful of sugar and a third of a cupful of water to a thick syrup. Add one third of a glass of beaten currant jelly and boil up well. Take from the fire, add the juice of a lemon, strain through a fine sieve and serve.

**Jenny Lind Fritters**—Make a batter of two eggs beaten very light, one cup of milk, one cup of flour, one teaspoonful of baking powder and one teaspoonful of butter melted. Have ready tart apples cut in quarters. If the eggs are large, add more flour, as the batter must be quite stiff to cling to the apple. Dust the apples with sugar, dip in batter and drop in hot fat. Serve sprinkled with powdered sugar.

### Health and Beauty

Would do well to spend less on complexion cosmetics and beauty doctors and use more of nature's beautifiers. True beauty comes from within, and external applications cannot eliminate internal irregularities. Clear, pure drinking water should be used plentifully by the individual. It is healthful and contributes more than its share to good looks and fine feelings. The water may be chilled but not iced, for the latter taken in quantities is harmful.

When people are not thirsty an entire day is likely to pass without the drinking of a glass of water. This is not right. The drinking of water may become a habit the same as anything else, and few women drink more than a quart as much as they should. Between meals is the time to drink it, and three pints should be the average of an adult. This means about six ordinary glasses.

When you awake in the morning drink a glass of water. It would be better yet if you are troubled with indigestion, but do not drink with your meals. Half an hour after the morning meal another glass of water should be taken, and it is well to drink every hour or so thereafter until bed time. Physicians recommend the water cure, and experience confirms its benefits.

Simplicity is the present rule in hair dressing. The big, horrible pompadour is left to the chorus girls—and its place is not off the stage. There never was anything more truly hideous than the pompadour "ratted" up by the amateur hair dresser. The straight lines bring out every defect of the complexion.

Just how you should dress your hair is a question that you must settle for yourself. Your neighbor may look very pretty with her hair done a certain way, but the style may not be acceptable for you.

Experiment until you find the secret. If you can afford it, go to a hair dresser and let her give you ideas. The expense of such an experiment is trifling and it may set you on the right track. The clever woman who discovers a becoming way of doing her hair seldom changes the style, but cottons to it as long as she can.

The girl with the high forehead must bring her hair down a little. The girl with fine temples and lovely forehead should arrange her hair so these beauties are displayed.

Beautifying is but a bringing out of good points and a glossing over of poor ones.

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