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The Quickest, Simplest
Cough Cure

Easily and Cheaply Made at
Home. Saves You \$2.

This recipe makes 16 ounces of cough syrup—enough to last a family a long time. You couldn't buy as much or as good cough syrup for \$2.50.

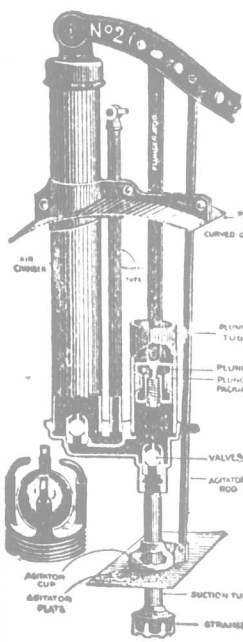
Simple as it is, it gives almost instant relief and usually stops the most obstinate cough in 24 hours. This is partly due to the fact that it is slightly laxative, stimulates the appetite, and has an excellent tonic effect. It is pleasant to take—children like it. An excellent remedy, too, for whooping cough, croup, sore lungs, asthma, throat troubles, etc.

Mix two cups of granulated sugar with one cup of warm water and stir for two minutes. Put 2½ ounces of Pinex (fifty cents' worth) in a 16-ounce bottle, and add the Sugar Syrup. It keeps perfectly. Take a teaspoonful every one, two or three hours.

Pine is one of the oldest and best-known remedial agents for the throat membranes. Pinex is the most valuable concentrated compound of Norway white pine extract, and is rich in guaicol and all the other natural healing elements. Other preparations will not work in this formula.

The prompt results from this recipe have endeared it to thousands of housewives in the United States and Canada, which explains why the plan has been imitated often, but never successfully.

A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Toronto, Ont.



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[Rules for correspondents in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen-name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this department for answers to questions to appear.]

Some More Cold Weather
Cooking.

Buckwheat cakes are rather heating for summer, but are fine for breakfast or supper in winter, served either with syrup or with beefsteak or pork gravy. A recipe for making them is as follows: Scald one-half cupful of corn meal with three cupfuls of boiling water; when nearly cold, add equal parts of buckwheat and whole wheat or white flour to make the batter a little thicker than required, as it becomes thinner in rising. Add one teaspoonful of salt, one dessertspoonful of molasses, and the proper proportion of whatever yeast is used. Beat well and let rise in a warm room over night. In the morning dissolve one-third teaspoonful of soda and stir into the batter. One well-beaten egg added is liked by some. Cook like pancakes on a hot buttered griddle.

Rice Waffles.—One cup cold boiled rice beaten with 1 cup milk, and a bit of butter, melted; dissolve a small half-teaspoon soda in a bit of the milk, and add 2 well-beaten eggs. Mix all, and stir in enough flour to make a thin batter, adding 1 teaspoon cream tartar. Stir well, and bake in hot, well-greased waffle-irons.

Apple Pot-Pie.—Put tart, quartered and cored apples in a saucepan to one-third its depth. Pour boiling water over, and sweeten slightly. When they begin to boil, put over them a crust made as for biscuit, cover closely, and let cook for 20 minutes. Serve with sugar and cream, butter sauce, or maple syrup.

Jam Pudding.—Chop 3 tablespoons beef suet fine, add ½ lb. sifted flour and a pinch salt; mix with cold water to a stiff dough, cutting it in with a knife. Roll out an inch thick, spread thickly with jam, roll up in a well-floured cloth, and steam 1½ hours. Serve with sauce.

Note.—Suet is a "heat-producer." It should be served frequently in one form or another during cold weather.

Suet Pudding.—Chop 1 cup suet fine, stone 1 cup raisins. Add 1 cup milk, molasses to the suet, then add 1 cup milk. Beat well, add ½ teaspoon salt, 3 cups sifted flour, 1 teaspoon cinnamon. Beat hard for 3 minutes, add the raisins well-floured, and 3 level teaspoons of baking powder. Turn into a greased mould, and boil for 3 hours. Serve with hard sauce.

Roast Spare-ribs.—Trim off the rough ends, crack the ribs through the middle, rub with salt and pepper, fold over where cracked, stuffing with a stuffing made as for goose. Put in a pan with a pint of water and bake, basting frequently.

LETTER FROM LANKSHIRE LASS.

Dear Dame Durden, and a good day to ye all,—This is such a beautiful day, and the sun shines so bright I will try and write, as it is not quite so cold. A month gone of the new year. I hope a happy month to all. How the time is flying, and how severe the cold has been! A few cold, stormy days now, and a few pleasant ones, then spring will begin to show itself, and then a rush of work for all that can. What a pleasure work and good health is, and to be able to have a pretty show of flowers outside! I used to have a lovely yard of bloom in front, so bright and cheery to all passers-by. Many were heard to say, as they looked our way, "Oh, look at the lovely flowers!" but were I well now, it could not be, as no sun ever reaches my front door, and as it faces the north, no flowers can grow or bloom since the home is changed. But though I do miss the pretty outside bloom, the inside ones bloom so beautifully, I am thankful for that. I have a few out now so bright. The frost did not nip them all, and now they bloom—those that are left.

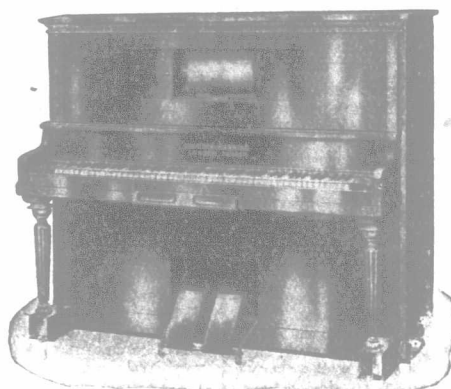
I hope "Dark Eyes" has pretty flowers, too, and hope she is better again. Please write to me soon, Dark Eyes. Would love to be able to cheer you, and per-

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