

The essence of economy is getting full value for money.

Full value means quality.

Quality means **CLARK'S**

Every tin containing food packed by W. Clark is absolutely guaranteed.

CLARK'S sell what they advertise

Insist on Clark's

W. Clark - - Montreal

Manufacturer of the CELEBRATED PORK and BEANS



"Remember my face—
you'll see me again."

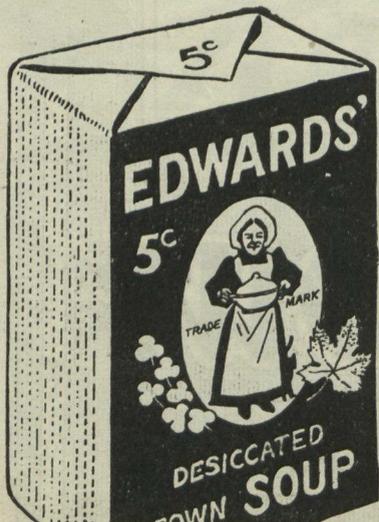
It
makes you hungry

Wives! Here's the soup for the husband who leaves his appetite out in the cold—Edwards' Soup.

It's the soup he's eager to begin and sorry to finish; the soup that warms him through and through; the soup that gives him such an appetite that it makes you hungry to see him eat.

Yet Edwards' desiccated Soup is no trouble to make—all the preparation is done long before you buy.

EDWARDS'
DESICCATED
SOUP



Edwards' Soup is a thick, nourishing, home-made soup. You taste, distinguish and approve of the fresh, full-flavoured vegetables as you eat.

This soup is also an excellent addition to your own soups—it imparts flavour; it thickens; strengthens and gives a richer colour.

It is one of the best things that ever came from Ireland.

Edwards' desiccated Soup is made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup, prepared from best beef and fresh vegetables. The other two are purely vegetable soups.

1175 **5c. per packet.** U.S.P.

Read our Advertisement Guarantee on Page Three of this issue.



Kitchen Suggestions

AN egg beater never should be left to soak in water, as the oil will be washed out of the gears, making it hard to turn.

Do not make the mistake of serving large oysters raw at a woman's luncheon. Most women prefer blue points or cherry stones.

To destroy moths put the moth-infected articles into a baker's oven which has just been used for baking. Let them remain there over night, and in the morning take them out and shake and beat them in the open air.

Turpentine is a powerful disinfectant and will dispel all bad odors. Add a teaspoonful to every bucket of hot water used in scrubbing or washing utensils in a sick-room.

Don't pour water in which cabbage or other green vegetables have been boiled down the sink. The unpleasant smell that arises is likely to be decidedly unhealthy.

Never stand on the edge of a chair when reaching up for anything. You may quite easily overbalance and have a nasty fall.

Don't, however fond you may be of it, have very much brass or copper about if you have to clean it yourself. To keep it clean takes up a lot of time and strength, and you don't want to wear yourself out looking after your household goods.

Pertinent Paragraphs

FOR summer use, doubtless the wicker work will require a good cleaning; do not scrub it with soap and water, that invariably turns it yellow and causes unpleasant squeaking; try scrubbing it with strong salt water. If there are shabby pieces, give the articles a thorough salt-water bath first; scrub well, and dry as quickly as possible in the open air and sunshine. Should you decide to paint the furniture, get well-mixed paint, rather thin; if paint is too thick, it will always rub off on the clothing. It is well to finish with a coat of enamel to make it last longer; enamel does not hold dust like ordinary paint, consequently is more easily kept clean.

The economic value of the fireless cooker is well established. Its practical utilities await development. Here is a suggestion: For an evening supper to be served after a card party, I prepared creamed oysters and chocolate au lait, during the late afternoon, and turned them respectively into the two compartments of my fireless cooker. Sandwiches were made ready and were wrapped in oiled paper, and a salad, prepared and garnished, was set in a cool place. At the hour of supper I had only to slip into the kitchen, place the salad and sandwiches upon the dining table, open the fireless cooker, and find the oysters and chocolate steaming hot and ready to serve. There was literally no waste of time or effort, and the guests, who knew that I was "servantless," marveled at my dexterity and efficiency, until I told my secret.

In the half-bleached table linen, without dressing, you can better see what you are buying. Pay about one dollar a yard, which insures a good wearing cloth. In ironing, it is better not to fold the same way every time. When my tablecloths begin to wear I cut them into pieces to put under the plates. This is a great saving to the tablecloth, and by changing the pieces often the tablecloth can be used for two or three weeks. A tablecloth of this quality needs no starch, but will look fine if well dampened and then ironed dry. When they are worn enough to make tablepieces they are thinner, and keep clean longer if, when preparing to iron, every alternate one is dipped in thin cold starch and rolled tightly for a short time.

To launder centrepieces, wash in luke-warm soapsuds, using a pure white soap,

and gently squeeze out the water. Then while wet, fasten them to a clean flat surface, using pins, on the same principle used in drying lace curtains. Great care must be used to stretch the piece with the grain of the linen running straight, and also to use enough pins so there will not be short curves along the edge between pins; I use at least two pins to the inch. If there are small scallops, put pins in every scallop or point. This method is also most satisfactory for drawn-work pieces; these are exceedingly difficult to iron, but in either kind, done this way, the designs stand out better, there is a stiffness not attainable in any other method, and in colored work the colors do not run or change as they do with even the most moderately heated iron. A certain amount of heat must be used to dry the padded embroidery, but the design can be left stretched till it is thoroughly dry.

A simple and good rule to remember and to follow is to buy nothing in the baking powder line unless all the ingredients are plainly printed in English on the label. This information is stated on every package of Magic Baking Powder. All grocers sell it.

Hints for the Bathroom

1. Open the window, top and bottom.
2. Take out all the soiled towels, washcloths and linens.
3. Take out the rug, if there must be a rug, and leave it in the air a while after shaking.
4. Run hot water into the bath-tub with a dish of ammonia or soda or plain soap, and scrub well—ends, sides and bottom. Rinse well with hot and cold water and wipe dry.
5. Wash all sponges and hang in the air to dry.
6. Wash soap dishes, mugs, slab, faucets, bowl and closet with soapy water, and wipe dry.
7. Wring a housecloth as dry as possible and lightly wipe over the closet seat and lid and all woodwork, and last of all, the floor.
8. Bathroom walls should be painted to permit their being washed frequently. Painted walls are much more sanitary than walls covered with paper, and more easily kept clean.
9. Where possible, the floors and walls up to four feet in height should be made of tiling. This material is moisture proof, and will not absorb odors.

Potato Pointers

Change the water while cooking if strong.

Never allow potatoes to stand in the sun.

Always pour off the water as soon as done and remove the cover to allow the steam to escape.

Baked potatoes should be rolled in a cloth till the skins burst. This prevents the potatoes from cooking too long, which makes them sticky and soggy.

Potatoes should be simmered (not boiled). It is a waste of fuel, and spoils the potatoes. Too rapid boiling makes them a solid paste, which is both unpalatable and indigestible.

Cook potatoes with the skins on as often as possible. They are more nourishing and palatable. Mashed potatoes are delicious cooked in their jackets, peeled and mashed.

Potatoes may be kept warm a long time without spoiling, if the skins are broken and the kettle well ventilated.

Potatoes well ventilated while cooking are more wholesome and of better flavor.

They may be baked, boiled, riced, mashed, scalloped, potato balls, French fried, O'Brien, potatoes and mint, hot potato salad, Saratoga chips, shredded potatoes, potato fritters, warmed-over potatoes, creamed, hashed brown, fried or sauted, Lyonnaise potato and curried potatoes.