Delicious Doughnuts Good doughnuts are good food. Made from the right flour they are not only a delicious treat but the combination of right flour with fat is distinctly nourishing.

You see I put special emphasis on right flour. For it is very important. It means the difference between light, flaky, crumbly doughnuts that melt in your mouth and are easy to digest, and tough, rubbery greasy wads of dough, heavy, soggy, indigestible.

Try making doughnuts from

"Royal Household" Flour

Notice how rich, soft, and flaky they are.

And the reason is that "ROYAL HOUSE-HOLD" being richer in high quality gluten than ordinary flour resists the absorption of too much fat in cooking. It doesn't get rubbery, makes a lighter dough, absorbs just enough of the fat for nourishment, but not enough for indigestion. The absolute uniformity of "Royal Household" enables you to get the same splendid results every time both in Bread and Pastry.

Try "Royal Household". Find out for yourself. All grocers sell it or can get it on

"Ogilvie's Book For A Cook" Contains 125 pages of carefully selected Recipes that have been tried and tested-sent free on request. Mention name of your

The Ogilvie Flour Mills Co., Limited. 27





THE LIGHT BEER IN THE LIGHT BOTTLE" (Registered)

The O'Heefe Brewery Co. Toronto, Limited



Mail Contract

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until Noon, on FRIDAY, 6th MAY, 1910, for the conveyance of His Majesty's Mails, on a proposed Contract for four years three times per week each way, between LEWISHAM and WASHAGO from the 1st July next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Lewisham. Washago, route offices, and at the Office of the Post Office Inspector at Toronto.

POST OFFICE DEPARTMENT,
MAIL SERVICE BRANCH,
Ottawa, 22nd March, 1910.

G. C. ANDERSON,
Superintendent.

Camphor Ice

FOR CHAPPED SKIN AND LIPS, COLD SORES, WINDBURN.

Vaseline Remedies in Tubes Capsicum, Borated, Mentholated, Carbo-lated, Camphorated, White Oxide of Zinc, etc. Each for special purposes. Write for Free Vaseline Book.

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The SCRAP BOOK

Women and the Franchise.

M R. STEPHEN GUYON, a New Zealander, in a recent issue of *The Englishwoman's Review*, champions the cause of woman's franchise more strongly than the women do themselves. New Zealand was the first to enfranchise women, where they were a success from the start.

Speaking of the last general election in New Zealand, Mr. Guyon says: "The number of women who voted was only two per cent. less than the number of men who recorded their votes; that they took pains to prepare themselves to vote with knowledge and judgment. Every political meeting held before election political meeting held before election consisted largely of women of the voting age, all of whom took a keen and intellectual interest in all the subjects under discussion."

New Zealand women have proved beyond the possibility of a doubt that women can use the vote with judgment with submoses and with dig

ment, with calmness, and with dig-nity. It is scarcely too much to say that they have furnished the best argument women could use for the vote, namely, that women would raise politics to a higher level and intro-duce sweeter manners, purer laws. The first Australasian women to receive the franchise were also the first to conceive and adopt a practical scheme for stemming the appalling death rate of babies, which is common in all civilised countries to-day, and is due to the strain and stress laid upon parents by existing moral and economic conditions.

Women's sphere in life is undoubtedly like man's—to rise, to elevate, and to-day we find that women are

holding very high and responsible besides lucrative positions. Women in England were much in-terested when cables reported that Mrs. E. H. Harriman had taken over Mrs. E. H. Harriman had taken over a controlling interest in the Night and Day Bank in New York City. But now they proudly affirm that London has gone a step farther through the opening of a bank for women exclusively. This new financial institution, though really a branch of Farrow's Bank, Ltd., is conducted solely by women and to all intents and purposes, will maintain its individual unity as an establishment in which mere man will not be a factor. There is a safety deposit vault annex, while an insurance posit vault annex, while an insurance business also is handled and the bank will buy or sell stocks or bonds for those members of the fair sex who may care to risk a "flyer" in the realm of speculation. Miss May Bateman, author of a number of poems, and a handful of novels, who has had journalistic experience ex-tending from London to South Africa has been deluged with congratulatory telegrams on assuming her position as pioneer woman bank manager in the United Kingdom.

The Art of Matrimony.

BETWEEN sixty and bright English girls passed through Toronto last week for the West in search of fortune and hus-bands and hope to increase bands, and hope to inaugurate their careers in Canada in a charming variety of occupations—governesses, helps, companions, nurse girls nurses, teachers, etc. They have independent ideas and are not wholly without means. This was the first party of the season sent out by the Women's Immigration Association of

This probably means matrimony; as there are still a good many lone-

some bachelors on the prairie, baking their own bread and running their own washboards, as was depicted on

a page of the Courier last week.

Over in Boston there is a school of matrimony, in which the prime essentials of wedded life and happiessentials of wedded life and happiness are now being taught—to both sexes. In this academy girls, including many from the best families in the city, are being trained five days a week in the arts which will equip them to become ideal wives, mothers and housekeepers. This institute is them to become ideal wives, mothers and housekeepers. This institute is under the direction of some of the most distinguished ducators in Boston and is strictly of a practical character. The matrimonial course includes the following subjects: Literature, ethics, child study, household arts, house-building, textiles and sewing, hand work and design, music, dental hygiene, home nursing, and

dental hygiene, home nursing, and care of delinquent children.

Young men have given their ideas upon matrimony, which are based upon a financial calculation. The average consider matrices impossible average consider marriage impossible under \$1,200 to \$1,500 a year. Others go as high as \$5,000.

Incandescent Mantles.

INCANDESCENT gas mantles, al-INCANDESCENT gas mantles, although a boon to householders, have tried the patience of individuals more than any other invention of recent years. So flimsy in fabric, it is no wonder that their manufacture is somewhat of a delicate operation. Made of the finest quality of cotton which undergoes quality of cotton which undergoes many processes to clean it of all chemical impurities, it is woven into tubular lengths, the standard finished mantle being 2.5 in in length and mantle being 3.5 in. in length and

These short lengths of fabric are saturated in a bath of nitrate of thorium. This process of immersing cotton webbing in nitrate of thorium and subsequently burning off the cotton is a basic invention of the mantle

industry.

The thorium bath is termed the "lighting fluid," and is composed of approximately 99 per cent. of nitrate of thorium and I per cent. of nitrate of cerium in solution of distilled water at the rough saturation of ter. After a thorough saturation of the pieces of webbing in "lighting fluid" they are run through fluid" they are run through a second set of rubber rollers, piece by piece, which removes the superfluity of lighting fluid and also distributes a uniform amount of nitrates into the webbing texture: these are then

uniform amount of nitrates into the webbing texture; these are then stretched upon glass tubes to dry.

The next operation is the forming of the head loop. This is accomplished by folding in one end of the tubular fabric and plaiting the folded portion and sewing an asbestos cord through the plates. The cord serves to support the mantle on to the wire in the finished product. The plaiting and sewing of the cord is performed by machinery in medium grades of by machinery in medium grades of goods, but in the high grades of mantles it is done by hand and requires skilled workers skilled workers.

Thus is your mantle completed, and while its use is universally acknowledged, it is eminently regretable that incandescent mantles cannot be made from steel

from steel.

Of course there are all sorts of gas mantles. Some are made to read by; others to be sworn at. Some burn out in two weeks and some last a few months. a few months. Some increase the amount of light. Others don't — so that gas mantles may fairly be put down as one of the worries of civilication. civilisation