# SPECIAL INTEREST TO WOMEN®

## BETTER HAVE CIVIL WAR THAN BUY FREEDOM OF SLAVES

Grace Colbrone Thinks That Britain's Way of Freeing Slaves by Compensation Was Not as Good as United States' Way by Shedding of Seas of Blood.

A goodly gathering of women and has a mouth, it has also two hands a few men listened yesterday afternoon to an address by Grace Isabel Colbrone of New York, on "The New egotist and it is the duty of the Morality" in the hall of the new Y.

M. C. A. College street, under the brothers and sisters. Applying this to Morality in the hall of the new 1. Mother to teach it the rights of its M. C. A., College street, under the auspices of the Toronto Women's the community morality would only Freedom League. Mrs. Barker, secretary treasurer of the league, pre- consider the rights of others.

"The New Morality," said the speaker, "Is to my mind really the old morality revived, I mean the morality of the New Testament. The Christian church today is not teaching this, When the early Christians fought for their faith, it was not for a church dectrine, but for a doctrine of civil service Nowadeys you can start a church ahy day in the year. Witness Mrs. Eddy and Billy Sunday. And you will get rich over it, but when you start a doctrine of social service you legislation was often wrong and that

"We have too little religion in our "The New Morality," said the speak- economies and too little

will get rich over it, but when you start a doctrine of social service you are in danger of being crucified,"
On the equality of birth Miss Colbrone was quite clear. "Put one hundred babies in a row," she said, "and no one could tell by looking at them, which was born in a hovel or in a palace. Everything that each little body needed is provided by the land, and everyone born is an increase of wealth to the land, because everyone

The chief note emphasized was that legislation was often wrong and that it was the duty of individuals to do what they could to have wrong laws righted. Britain paid to have the slaves freed, but the action of those in the United States who performed the same service to slavery, but with out giving financial compensation, was much better," she said.

A discussion followed the close of the address.

TRIED RECIPES

Italian Veal Soup

tive that, excepting for a little lemon juice, nothing seems really essential when well fried. The simplest way is just to

#### Good Things to Eat Made With Bread

TO FRESHEN STALE BREAD.

To freshen stale bread, dip it for a second in cold water or cold milk and then rebake it in rather a cool oven. One of the best ways to heat rolls is to put them in a paper bag in the oven for a few minutes.

Steamed bread is palatable and affords variety. The section of a loaf or single slices or rolls are placed over rapidly boiling water and closely covered. This may be done in a regular steamer or by putting a colander above boiling water,

Italian Veal Soup.

Wash benes taken from a shoulder of veal; add one quart water and one-third teaspoon salt. Sinner over a slow fire for one hour, bring to a boil, and add one fourth pound broken spaghetti. Keep boiling, stirring occasionally until spaghetti is done. Put three teaspoons patented barley to soak in one-half cup cold water; when smooth add to soup, stirring all the time. Cook this 10 minutes more, stirring constantly; beat three teaspoons and put into soak in one-half cup to cold water or old water or old veal; add one quart water and one-third teaspoon salt. Sinner over a slow fire for one hour, bring to a boil, and add one fourth pound broken spaghetti. Keep boiling, stirring occasionally until spaghetti is done. Put three teaspoons patented barley to soak in one-half cup to cold water; when smooth add to soup, stirring all the time. Cook this 10 minutes more, stirring constantly; beat three teaspoons at the spage of the pound broken spaghetti. Keep boiling, stirring occasionally until spaghetti is done. Put three teaspoons patented barley to soak in one-half cup to cold water; when smooth add to soup, stirring all the time. Cook this 10 minutes more, stirring constantly; beat three teaspoons of the pound of sugar the pound of sugar three teaspoons at the pound of soup the pound of sugar three teaspoons at the pound of soup three teaspoons at the pound of soup the pound of sugar three teaspoons at the pound of soup the

may be done in a regular steamer or by putting a colander above boiling water,

DELICIOUS CROUTONS.

Croutons are small cubical sections of bread dried to a golden brown in the oven or fried in deep fat. Sometimes the bread is lightly buttered before it is cut and browned in the oven. To prepare them, trim the crusts from the bread before or after cutting in half-inch slices, then cut in half-inch sections one way and then the other. Scatter them on the pan in the oven, that all sides may brown alike.

Those prepared with fat should not be kept long, but those without fat may be

economize in expensive foods by the addition of bread and milk to them the bet-As compared with most meats and vegetables, bread has practically no waste and is very completely digested.

It well deserves its title of "The Staff of Life."

BREAD CRUMBS.

Pieces of bread or crusts that have become very dry should be put into the bottom of the oven and left there until quite crisp. They can then be

wire spoon and drain on absorbent paper in front of the fire.

Cinnamon Cake. One-half cup butter, 1 cup sugar, ½ cup sweet milk, 2 eggs, 3 leaspoonfuls cinnamon, 2 teaspoonfuls baking powder, 1½ cups flour. This is nice made in layers with Jelly between or any other desired filling or baked in a solid cake.

#### A Message To Thin, Weak, Scrawny Folks

An Easy Way to Gain 10 to 30 Lbs. of Solid, Healthy, Permanent Flesh

Thin, hervous, undeveloped men and women everywhere are heard to say, "I can't understand why I do not get fat. I eat plenty of good, nourishing food." The reason is just this: You cannot get fat, no matter how much you eat, unless your digestive organs assimilate the fat-making elements of your tood, instead of passing them out through the body as

rging the assimilative functions of the omach and intestines to absorb, the oils and fats and hiestines to absorp the ons and fats and hand them over to the blood, where they may reach the starved, shrunken, run-down tissues and build them up. The thin person's body is like a dry sponge—eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food. The canal to take them from the food. The best way to overcome this sinful waste of flesh-building elements and to step the leakage of fats is to use Sargol, the recently-discovered regenerative force that is recommended so highly by physicians here and abroad. Take a little Sargol tablet with every meal and notice how quickly your cheeks fill out and rolls of firm healthy flesh are deposited over your body, covering each bony angle and projecting point, Four druggist has Sargol, or can get it from his whole-saler, and will refund your money if you REMEMBERED FRANCES WILare not satisfied with the gain in weight it produces, as stated on the guarantee in each package. It is inexpensive, easy to take, and highly efficient, Caution:—While Sargol has produced

### Make The Teapot Test

Put "SALADA" TEA in a warm teapot---pour on freshly boiled water -- let stand for five minutes-and you will have the most delicious cup of tea you ever tasted.

that makes Ceylon Tea the beverage of delight. In sealed lead packages ONLY. BLACK, GREEN OF MIXED

Rusk, Biscuit and Lems LEASE inform me thru your department how to make rusk about tice. It would also further an examinent thick that look like little loaves and appear to be cut in the different him sinces and then browned? They are sold by the pound, are one and under supply at another. thin shoes and then browned? They are sold by the pound, are quite expensive and are delightful with coffee?"

This is not rusk, but what the Germans call "zwei-bach," or twice baked. Cut Vienna bread into slices, butter each piece and sprinkle lightly

with sugar. Bake on oven racks until evenly browned.

Rusk are rolls made with yeast. When the bread dough has raised for the last time take off enough to make the rolls, add one egg, two tablespoons of sugar, one tablespoon of butter and two-thirds of a cup of flour for eighteen rusk. Work these in well, roll out into a sheet, then roll it up and slice in pieces about half an inch thick. Place on a baking pan to rise again B.A., Sc. of Toronto. and bake for twenty minutes; put butter and sugar and cinnamon over the

tops when done. Currants may be added to the dough, if liked. Biscuits are raised with soda, with baking powder or by beating air Rev. T. M Campbell of Toronto, father into the mixture. This last process is too slow for readers of this column and the recipes for the other mixtures have been given frequently, but baking powder rolls are a new form. Make the biscuit as usual and cut into rounds as large as a small saucer. Spread with soft butter, sprinkle with cinnamon and powdered sugar. Now fold the rounds in half, so each roll is the shape of a half-circle. Butter the tops and bake in hot oven.

Gems are any sort of batter mixtures baked in gem pans. The easiest to make and the best liked are those made from Graham flour. Dr. Graham's own recipe demands all Graham meal, but this is too coarse for most palates, so add one-third white flour. One cup of Graham flour, one-half cup wheat flour, one teaspoon salt, three teaspoons of baking powder. Sift these together to mix them, but turn the middlings from the Graham flour back ino the bowl, as they make the gems good.

Beat the yolks of three eggs and to them add one cup of milk. Melt a fourth of a cup of shortening and mix all together with a slotted spoon. Stir briskly three minutes and pour into greased gem pans, bake in a hot oven. If iron gem pans are used they must be heated before the mixture is

Rept long, but those without fat may be kept in a glass jar or tin box like crackers for weeks.

FINALE.

After all, bread and milk give us all the types of material needed by the human body in less expensive foods.

Therefore the more we can plan to commize in expensive foods by the addition of bread and milk.

Rept long, but those without fat may be keept in a glass jar or tin box like crackers for weeks.

FINALE.

Cone cup of flour sifted with two cups cornmeal, one level teaspoon of sods, one pinch of sugar and a teaspoon of sods,

# One pint of oysters, three tablespoonfuls of butter, four and one-half tablespoonfuls of flour, one-half cup of chicken stock, one-half cup of chicken stock, one-half cup of chicken stock, one-half cup of cream, one-half tablespoonful of lemon juice, yolks of two eggs, one tablespoonful of capers, salt and pepper. Parboil the oysters, drain, and reserve the liquor; there should be one-half cup. Make sauce of butter, flour, stock, oyster liquor and cream; add the yolks of eggs, seasoning, and salt and pepper to taste. Add the oysters, and as soon as oysters are heated, fill patty shells. Patty Shells. Roll puff paste one-quarter inch thick, and the patty and inchesive one-state of the constant of the constan **CO-EDS DARE EDITORS**

Want to Prove Superiority Over

the bottom of the oven and tert there to the country of the crist. They can then be rolled between sheets of paper with a rolled between sheets of paper with a rolled between sheets of paper with a basin, or put thru a food chopper. Such crumbs, if stored in an air-tight jar or bottle, will keep for a long while, and will be ready to use at any time. They are handy to use in place of freshly-grated crumbs for puddings, stuffings and bread sauce, or for crumbing croquettes and fish.

Crumbs which can be served with game thay be prepared by putting slices of stale bread into a cooling oven and leaving them there over night to dry thoroly; when ready to use, crush them and fry in hot lard or clarified butter. Stir well until all are of a golden brown color: then take them out with a wire spoon and drain on absorbent the were in front of the fire.

Add the oysters, and as soon as oysters and so soon as oysters, and as soon as oysters. Add the oysters, and as soon as oysters. Add the oysters, and as soon as oysters as soon as oysters. Add the oysters, and as soon as oysters. Roll patty shells.

Roll puff paste one-quarter inch thick, shape with a patty cutter, first dipped in flour, remove centres from one-haif the rounds with a patty cutter. Bush over with cold water, the largest pieces near the edge, and fit on rings, pressing light. It will be edge, and fit on rings, pressing light. Place in a towel between pans of cold water cool out of doors. Place on iron or tin sheet covered with brown paper, and bake 25 minutes in a hot oven. The shells should rise their full height is to brown in 12 to 15 minutes; on the ladies of University College, the editorial which appeared in The Varsity Journal puff paste should be carefully laid on top of each other, patted and rolled out.

Italian Roast.

Take a nice piece of veal, cut around the bone and put in a small piece of garlic, salt and a few allspice. Make incisions in several places, putting in the seasoning, tie a leaf of celery on top of the roast. with a small red pepper. Pour over a little olive oil and cook until tender, according to the size of the roast. they would like to meet the writer of the statement "that woman is inher-

Broiled Smelts.

Chop together a bunch of parsley. a tablespoonful of chives, one or two fine, tender leaves of celery and half a dozen olives. Add paprika to the mixture, and the sait that is needed, with a few drops of temon juice and some meited butter to blend it. Split some fine, large smelts, open them, spread inside of each with the herbs, close the smelts, and broil them over a clear fire till done. Of course, there must be no more than a thin layer of the herbs in the fish—just enough to flavor and season them well.

A Simpler Way.

Smelts are so clean, sweet and attractive that, excepting for a little lemon

#### CHILDREN A LITTLE "RUN DOWN"?

well fried. The simplest way is just to clean and over them all with crumbs or, still better, coarse Indian meal that will adhere, and a little more for good measure. Then fry them in sausage or bacon fat or lard in a spider.

The meal, or crumbs, that do not stick to the smelts will scale or drop off into the spider and brown up very meely. The browned for filled complys are delicities. Don't wait until you're actually sick before you look after yourselves. The best-preventive of sickness, as well as a tonic after it, is Sanguinol, the famous builder for blood, nerves and tissues. The moment you feel undul browned fat filled crumbs are delicious, when drained or skimmed out carefully tired, or your appetite flags, or you with a spoon, to eat on bread, or, instead find yourself lying awake too long at night, take a few doses of Sanguinol

of butter for brown bread.

Peach Cake.

One pint flour, I egg, 2 tablespoonfuls sugar, 2 teaspoot fuls baking powder, 16 teaspoon salt, 2 level tablespoonfuls butter, 1 cup milk. Mix flour, butter, salt, sugar and baking powder all well together: beat egg well in a cup and fill cup up with milk; pour in the above and beat well; pour into a well-greased pan; stick halves of peaches all over dough, fill the peach with sugar and bake in a quick oven. Serve with cream.

night, take a few doses of Sanguinol. These are nature's danger signals, signs that your health and reserve strength are ebbing away. Stop the loss and begin to build up at once with Sanguinol.

After whooping cough, give Sanguinol to build up the shaken, debilitated system. After sickness of any kind use Sanguinol and see your strength and full abounding health quickly restored. Just the very kind use sanguino and see your strength and full abounding health quickly restored. Just the very elements nature needs to enrich the blood, to tone up the nerves are affilted with the craving for liquor the blood to tone up the nerves. chicago. Feb. 17.—Memorial serfound in Sanguinol, the all-round sysNo. 1 can be given secretly in coffee vices were held here today for Frances tem tonic. Get a bottle today—keep or food. Alcura No. 2 is the voluntary E. Willard, temperance worker and it in the house. Sanguinol never distreament. for take, and highly efficient,

Caution:—While Sargol has produced remarkable results in overcoming nervous dyspepsia, and general stomach troubles, it should not be taken unless or white ribbon" afterwards placed flow-you are willing to gain ten pounds or more, for it is a wonderful flesh-builder.

L. Whard, temperance worker and it in the house. Sanguinol never dispendents appoints. For sale Owi Drug Stores. Toronto selling agents: 282 College themselves to lives of sobriety and use-functions appoints. For sale Owi Drug Stores. Toronto selling agents: 282 College themselves to lives of sobriety and use-function.

The services marked the sixteenth appoints. For sale Owi Drug Stores. Toronto selling agents: 282 College themselves to lives of sobriety and use-function.

The services marked the first the house. Sanguinol never dispendent.

The house. Sanguinol never dispendent.

Help your loved ones to restore themselves to lives of sobriety and use-function.

The services marked the sixteenth anniversary of the death of Frances the first tenthe.

Willard, and the flowers of the street, corner Bloor and Community in which you live.

While ribbon" afterwards placed flow-gradina, 1631 Dundas street, corner Book-gradina, 1631 Dundas street, corner Boo



#### Rose A. Frye

Rose Augusta Frye, the kitchen, try And do not bother; if the cook, Or mother lets

For Goops like Rose are in the way. On cooking, or on washing day.

# Don't Be A Goops

Mrs. Heath's Lecture. The plan for reserved seats for Mrs. Julian Heath's lecture in the Y.W.C.A. Hall, 21 McGill street, on Monday ev ening next, is now open at the Bell Piano Company, 146 Yonge street, where tickets may also be purchased.

#### DRUNKENNESS CAN BE CURED-ALCURA WILL DO IT

Alcura, the widely-known treatment for alcoholism, can now be obtained at our store. It is guaranteed to cure or benefit, or money refunded. Remedy that has been tried by thousands and

# SUBDIVIDE TORONTO

Housewives Suggest System of Co-Operation With Producers of Farm Foods.

That the city be divided into market districts, each with a separate market, in place of the St. Lawrence Market, was the contention made before the Deminion Government High. Cost of Living Commission yesterday by officers of the Housewives League. The commission resumed its Toronto sit-Living Commission yesterday by offi-cers of the Housewive's League. The commission resumed its Toronto sit-tings at the Queen's Hotel yesterday. It was their recommendation to the commission that the secret of solving the H. C. of L. problem was in co-operation, such as that between the women's institutes and by the organi-zation of the farmers into groups in the various districts. Agents appointed by the women's institutes could travel among the farmers' organizations, and

among the farmers' organizations, and in this way keep them posted on the question of supply and demand.

The plan outlined was that of establishing markets in the east and west portions of the city and also one at th Toronto, each of these market be located adjoining a railway line In this way quick and sure delivery of

A VALENTINE WEDDING.

A very enjoyable event took plac on St. Valentine's Day, Feb. 14, at St. James' Church, Port Colborne, the occasion being the marirage of Helen Gertrude, daughter of Mrs. E. O Boyle, to Acheson Meachem Campbell, The ceremony was performed by the Rev. D. Russell Smith, assisted by

of the groom.

The bride looked dainty and pretty in a gown of ivory charmeuse, with lace and seed pearls. The bridal vell was worn in "Juliet Cap" style, caught with orange blossoms. She carried a shower bouquet of roses and lily of the valley and wore a necklace of pearls,

the gift of the groom.

Hattie Campbell, sister of the attended the bride. She wore a shadow lace gown over shell pink silk and carried pink roses. The little flower girl, Norah Smith, prettily attired in a French embroidered gown and cap trimmed with tiny rosebuds and pink streamers, daintily strewed the church

aisle with rose petals.

Mr. V. Osmund Boyle, B.A., of
Trinity College, brother of the bride, assisted the groom. Miss Mabel Boyle presided at the organ, and Miss Ross of Buffalo. cousin of the bride, sang most beautifully "Oh, Promise Me,"



I have already advised you to wash baby's mouth out every morning. This is not a fad; it is necessary to pre-vent the baby having "thrush." or "sprue," as sore mouth is commonly called. The soreness may be caused by particles of milk being left in the mouth to ferment or dirty nipples, or the use of a "comfort." or allowing baby to suck toys or other objects, or allowing people to "feel for teeth." Any or all of these causes may give mouth

trouble to poor baby.

If the baby is a little bit run down in general health, sore mouth usually develops. On the roof of the mouth, on the tongue, on the inside of the cheeks, little white specks, looking like curds of milk, may be seen. The baby is uncomfortable and fretty and sometimes refuses his food. The mouth must be thoroly but gent-

ly washed out every hour with a solution of bicarbonate of soda one tea-spoonful of soda to one cup of boiled water. Wrap a piece of absorbent cotton around the little finger; pour over it the solution and wipe out the If too much force is used the tender lining of the mouth may be in-Besides this treatment wash the mouth twice daily with the boric acid

solution. Improvement is generally shown in 24 hours if this treatment is The most scrupulous care should be given all bottles and nipples; and if

the baby is nursed, the mother's nip-ples should be washed with a solution of boracic before and after the baby

Older children sometimes have ulcerated mouths. It may be caused by a rundown state of health, by decayed teeth, or by neglect. The child drools a great deal, sometimes the saliva fairly runs out of the mouth, the breath is offensive and the gums become inflamed and swollen. A yellowish line appears along the gums close to the teeth, or sometimes yellow spots are scattered thruout the mouth Prompt treatment should be begun as soon as the trouble is discovered An astringent mouth wash is needed five grains of alum to one ounce of boiled water is often applied with ben-efit. Wash out the mouth every two

or three Hours If the child is taken to a doctor he will touch the utcers with nitrate of The mother cannot do this. but the doctor may give her a powder to use on the spots several times a

The food given must be soft and nourishing: milk, junket, broths, reals, jellied eggs and the like and all

## THE STERLING BANK OF CANADA

SAVE, Because--- No. 110

LADIES

Have your Beaver, Velour or Felt Heleaned, dyed, blocked and remodeled NEW YORK HAT WORKS, Phone N. 51

and not floating, like those of the population

This arrow arum is both beaut

send to the nurseryman for ne roots, at once, so that you will be all to put the dried roots to soak with

WYOMING, Feb. 17.-Mrs. Jo

with Mrs. M. Brooks, has just entered

her 100th year, and from present ap-

She is not only in excellent health

eacock of Watford, who is visi

pearances is likely to celebrate

marked degree, recounting clearly a

long ago.

Born in Ireland of Scotch pare

her early years were spent in the old lands, living first in Scotland after her

marriage and then in Ireland, from where she sailed to America, landing

The ocean voyage of six and a half

weeks, followed by the stirring events of the Mackenzie rebellion are fresh in

her memory today, while the battle of

Yonge street, Toronto, to her seems

Herself an eye-witness of the burn-

RIVERDALE CARNIVAL.

with evident enjoyment happeni

in Quebec July 12, 1836.

but of recent date.

A CENTENARIAN

weed, water shield and others prously mentioned.

and attractive, easy to cultivate

the next month.

(To be continued.)

WATFORD WOMAN

There are lots of things you can put your money in, but a savings account is one of the few you can take it out again.

Head Office, Cor. King and Bay Sts., Toronto. Church and Wilton avenue General Manager, A. H. Walker



WATER GARDENS

he Water Hyacinth, Piaropus Crassi-pes and the Arrow Arum, Peltan-dra Sagittaefolia

The water hyacinthe is a very curious aquatic, not native here, growing in South America, but naturalized in many parts' of the southern states. However, if care is taken to bring in the roots and winter these in the cel-lar, our water gardeners will not need to hesitate about obtaining a root of this most interesting aquatic. Its culture presents no difficulty other than that of wintering.

Like so many of these plants, it is a floating specimen, showy blossoms. The leaves come up from the shallow depths, in thick clusters, being borne upwards upon queer inflated petioles (or stems), which enable these leaves to lie floating lazily upon the

ing of Montgomery's tavern, she has vivid recollection of her husband dashing thru one of the hotel's windows in The flowers come up on a loose spike, growing well above the level of the foliage, and are amazingly attractive. Pale violet, with the upper lobes

aquatic man's store.

Now, the other one mentioned above belongs to our native arum family, but this special variety is not native

of Ontario The arrow arum grows thickly all over the swamps of the States from Florida to Maryland. It is a lovely thing, resembling the incomparable white calla lily, the creamy-white flowers standing well above the level of the pond. Like so many of the aquatics, the leaves are very bright green, and arrow-shaped, but unstanding from the stiff stalks

out upstanding from the stiff stalks.

St. Valentine Carnival at Big Rink . Huge Success.

Miss Edith Herridge of Bristol, Eng. land, won the special prize for be dressed lady at St. Valentine Carni-held at the Riverdale Roller Rink, Miss Wanda Page of Edm berta, won the diamond ring for b of St. Valentine Day among the young

Wednesday's Free Concert. From 2.30 to 3.45 p. m. tomorrow (Wednesday) you can spend a pleas Hall, 193-195-197 Yonge street, and enjoy a delightful musical progr listening to the selections of Carus John McCormack, Tetrazzini, Harry Lauder and other famous Everyone is made welcome.

# Making More Dollars

Canada is "making" money. The Government has to print more dollars every year to meet the demands of business prosperitybut the dollar you make must have purchasing power if it adds to your health and comfort. For a Canadian dollar you can get one hundred

# **BISCUITS**

and that means a hundred wholesome, nourishing breakfasts. If you add coffee, milk and cream, a deliciously nourishing Shredded Wheat breakfast should not cost over five cents. Shredded Wheat Biscuit is ready-cooked and ready-to-serve—a boon to busy housekeepers and growing children.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted Triscuit, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited

Niagara Falls,



Secre ing

By

MAGGIE the moderr

Nothing to the facobliterated nor the bi hateful elo muscles, w limit, the er ern reckon The beaut several mo I think beauty par

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