

NEW SPECIAL INTEREST TO WOMEN

BETTER HAVE CIVIL WEAR THAN BU FREEING OF SLAVES

Grace Colborne 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 a few men listened yesterday afternoon to an address by Grace Colborne of New York on "The New Morality" in the hall of the new Y. M. C. A. College street, under the auspices of the Toronto Women's Freedom League.

Good Things to Eat Made With Bread

TO FRESHEN STALE BREAD. To freshen stale bread, dip it for a second in cold water and milk and then rebake it in a cool oven.

TRIED RECIPES

Italian Veal Soup. Wash bones taken from a shoulder of veal and one quart water and one teaspoon salt. Simmer over a slow fire for one hour, bring to a boil, and add one pound of broken spaghetti.

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.



HAS THE FLAVOR! THE FRAGRANCE! THE DELICIOUSNESS that makes Ceylon Tea the beverage of delight. In sealed lead packages ONLY.

EFFICIENT HOUSEKEEPING

BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

Rusk, Biscuit and Gems. Rusk are rolls made with yeast. When the bread dough has risen for an inch thick that look like little loaves and appear to be cut in thin slices and then browned.

CO-EDS DARE EDITORS TO A SWIMMING MATCH. Want to Prove Superiority Over Mere Man—Varsity Journalists Not Anxious.

ARE YOU OR THE CHILDREN A LITTLE "RUN DOWN"? Don't wait until you're actually sick before you look after yourselves.

DRUNKENNESS CAN BE CURED—ALCURA WILL DO IT. Alcura, the widely-known treatment for alcoholism, can now be obtained at your store.

SUBDIVIDE TORONTO IN MARKET DISTRICTS

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 Dominion Government.

A VALENTINE WEDDING.

A very enjoyable event took place on St. Valentine's Day, Feb. 14, at St. James' Church, Port Colborne.

Water Gardens. The Water Myacint, Piaropus Grassipes and the Arrow Arum, Peltandra Sagittifolia.

GOOPS. By GELETT BURGESS. A CONDUCTED BY Elinor Murray.

SORE MOUTHS. I have already advised you to wash baby's mouth out every morning.

ROSE A. FRYE. Don't be like Rose Augusta Frye, But when you're in the kitchen, try And do not bother: if the cook, Or mother lets you in, just look! For Goops like Rose are in the way. On cooking, or on washing day.

Don't Be A Goop! 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 evening next is now open at the Bell Piano Company, 146 Yonge street.

REMEMBERED FRANCES WILLARD. CHICAGO, Feb. 17.—Memorial services were held here today for Frances E. Willard, temperance worker and for years the head of the Women's Christian Temperance Union.

THE STERLING BANK OF CANADA. SAVE, Because--- No. 110. 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.

THE GARDEN CONDUCTED BY RACHEL R. TODD M.D. WATER GARDENS (Continued).

LADIES. Have your Beaver, Velour or Felt Hat cleaned, dyed, blocked and remodeled in NEW YORK HAT WORKS, 566 Yonge Street.

WATFORD WOMAN A CENTENARIAN. WYOMING, Feb. 17.—Mrs. John Leacock of Watford, who is visiting with Mrs. M. Brooks, has just entered her 100th year.

RIVERDALE CARNIVAL. St. Valentine Carnival at Big Rink. Huge Success.

Wednesday's Free Concert. From 2:30 to 3:45 p. m. tomorrow (Wednesday) you can spend a pleasant hour in the Heintzman Co. Recital Hall, 193-195-197 Yonge street.

Making More Dollars. Canada is "making" money. The Government has to print more dollars every year to meet the demands of business prosperity—but 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 SHREDDED WHEAT BISCUITS and that means a hundred wholesome, nourishing breakfasts.