

NEW SPECIAL INTEREST TO WOMEN

BETTER HAVE CIVIL WEAR THAN BU FREE 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.

On the equality of birth Miss Colborne was quite clear. "It is 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."

DELICIOUS CROUTONS.

CROUTONS are small cubical sections of bread dried to a golden brown in the oven or fried in deep fat.

Those prepared with fat should not be kept 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 which the human body in less expensive form than most other foods.

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

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 may be used for crumbing croquettes for puddings, stuffings and bread sauce, or for crumbing croquettes and fish.

Crumbs which can be served with ketchup may be prepared by putting slices of stale bread into a cooling oven and leaving them there overnight to dry thoroughly.

When ready to use, crush them and fry in hot oil or butter. Stir well until all are of a golden brown color; then take them out with a wire spoon and drain on absorbent paper in front of a fire.

Cinnamon Cake. One-half cup butter, 1 cup sugar, 1/2 cup sweet milk, 2 eggs, 3 tablespoons cinnamon, 2 teaspoons baking powder, 1 1/2 cups flour.

This is a nice cake 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

This nervous, undeveloped man and woman 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 food, instead of passing them out through the body as waste and high efficient.

What is needed is a means of gently urging the assimilative functions of the stomach and intestines, so that the oils and fats and hand them over to the blood, where they may reach the starved, shrunken, run-down tissues and build them up. This person's body is like a dry sponge—eager and hungry for the fatty materials which it needs.

It is the failure of the alimentary canal to take them from the food. The best way to overcome this is to use Sargol, the recently-discovered transference force of flesh-building elements and to stop the leakage of fats is to use Sargol, the recently-discovered transference force which is recommended so highly by physicians here and abroad.

Take a little Sargol tablet with every meal. Your digestive organs will be stimulated and you will quickly see your cheeks fill out and rolls of firm, healthy flesh are deposited over your body, covering each bone angle and protecting point. Your doctor has Sargol, or can get it from his wholesaler, and will refund your money if you are 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 remarkable results in overcoming nervous dyspepsia and general stomach troubles, it should not be taken unless you are willing to gain ten pounds or more, for it is a wonderful flesh-builder.

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 services marked the sixtieth anniversary of the death of Frances E. Willard, and the followers of the "white ribbon" afterwards placed flowers on her grave in Rosehill Cemetery.

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.

BLACK, GREEN or MIXED

EFFICIENT HOUSEKEEPING BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

Rusk, Biscuit and Gems

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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-High Cost of Living Commission yesterday by officers of the Housewives' League.

The commission returned its Toronto siting 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 organization of the farmers into groups in the various districts.

Agents appointed by the women's institutes could travel 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 a market in the east and west portions of the city and also one at North Toronto, each of these markets to be located adjoining a railway line.

It would also further an exchange of produce between the different markets in case of over supply at one and under supply at another.

A VALENTINE WEDDING.

A very enjoyable event took place on St. Valentine's Day, Feb. 14, at St. James' Church, Port Colborne, the occasion being the marriage of Helen Gertrude, daughter of Mrs. E. O. Boyle, of Acheson, Meacham Campbell, B.A., Sc. of Toronto.

The ceremony was performed by the Rev. D. Russell Smith, assisted by Rev. P. M. Campbell of Toronto, father of the groom.

The bride looked lovely and pretty in a gown of ivory charmeuse, with a crown of white flowers and a veil of white tulle. She wore a shadow lace gown over shell pink silk and carried pink roses.

Hattie Campbell, sister of the groom, attended the bride. She wore a shadow lace gown over shell pink silk and carried pink roses.

Mr. and Mrs. Campbell left on the 6 o'clock train for Buffalo en route to Washington and New York, the bride traveling in a navy chiton cloth suit with hat to match. On their return Mr. and Mrs. Campbell will reside in Weston.

Water Gardens (Continued)

The Water Myacanth, Piaropus Grasses and the Arrow Arum, Peltandra Sagittifolia

The water hyacinth 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 cellar, 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, with unusually 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 float lazily upon the sunny waters.

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 marked with beige, blue and gleaming yellow and lasting many long days before fading, the entire flower spike is well worth waiting weeks for.

As a vase or aquarium plant, the water hyacinth is unexcelled. In a closed aquatic aquarium, the plant is much more interesting than any fan-tailed goldfish.

The roots must be bought at the aquatic man's store.

Now, the other one mentioned above belongs to our native arm 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 upstanding from the stiff stalks.

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, and enjoy a delightful musical program listening to the selections of Harry John McCormack, Tetraxini, Carlo Lauder and other famous artists. Everyone is made welcome.

CO-EDS DARE EDITORS TO A SWIMMING MATCH

Want to Prove Superiority Over Mere Man—Varsity Journalists Not Anxious.

Aroused by the editorial which appeared in The Varsity last week, a number of the ladies of University College, thru Prof. Corson, the swimming instructor, have sent a challenge to any member of the staff of that journal to engage in any form of a swimming race or contest that they may care to suggest. The co-eds are not particular as to what distance or stroke is used, nor do they wish to bar any member of the Varsity staff from competing.

Prof. Corson gives it as his opinion that some of the girl progressers are far superior to the editors in water sports, as well as in other departments.

None of the journalists of the university have yet manifested a desire to compete against Prof. Corson's speedy girl swimmers. The co-eds state that they would like to meet the writer of the statement that woman is inherently a barbarian in the natatorium.

Nut Bread. Two eggs, 1 cup sugar, 1 teaspoon salt, 2 scant cups sweet milk, 1 cup chopped nuts, 4 heaping tablespoons baking powder, 1 cup flour. Beat eggs, add salt, then add milk, nuts and flour; beat well, pour in well-greased pan; let stand for one-half hour and bake 15 minutes.

Breaded Smelts. Chop together a bunch of parsley, a tablespoon of chives, one or two fine tender leaves of celery and half a dozen olives. Add parsley to the mixture, and the salt that is needed, with a few drops of lemon juice and some melted butter to bind it. Split some firm, large smelts open them, spread inside of each with the herbs, cover the smelts, and broil them over a charcoal 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 juice, nothing seems really essential when well fried. The simplest way is just to clean and over them all with butter, or still better, corrod 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 nicely. The browned fat filled crumbs are delicious, when drained or skimmed out carefully with a spoon, to eat or bread, or, instead of butter for brown bread.

One pint flour, 1 egg, 2 tablespoons sugar, 2 teaspoons baking powder, 1/2 teaspoon salt, 2 level tablespoons water, 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 thoroughly. Roll out on a floured surface, cut into halves of peaches all over dough, fill the peach with sugar and bake in a quick oven.

ARE YOU OR THE CHILDREN A LITTLE "RUN DOWN"?

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 unduly tired, or your appetite flags, or you find yourself lying awake too long at night, take a few doses of Sanguinol. These are Sanguinol's signs that your strength is 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 your strength and full abounding health quickly restored. Just the very elements nature needs to enrich the blood to tone up the nerves and to strengthen the tissues, are found in Sanguinol, the all-round system tonic. Get a bottle today—keep it in the house. Sanguinol never disappoints.

For sale Ovi Drug Stores, Toronto selling agents: 252 College street, corner Bloor and Brock, 399 Bathurst street, corner Bloor and Spadina, 1831 Dundas street, corner Parliament and Carlton, 770 Queen east, corner Balm and Queen.

DRUNKENNESS CAN BE CURED—ALCURA WILL DO IT

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

Drunkness is a disease. Those who are afflicted with the craving for liquor have to be helped to throw it off. Alcura No. 1 can be given secretly in coffee or food. Alcura No. 2 is the voluntary treatment.

Help your loved ones to restore themselves to lives of sobriety and usefulness and to regain the respect of the community in which you live.

Only \$1 per box. Ask for Free Booklet G. Tamblin, Limited, at all ten scores.

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. Phone N. 5111.

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, and from present appearance is likely to celebrate many birthdays.

RIVERDALE CARNIVAL. St. Valentine Carnival at Big Rink. Huge Success. Miss Edith Herridge of Bristol, England, won the special prize for best dressed lady at St. Valentine's Carnival held at the Riverdale Roller Rink on Monday night.

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. 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.