want "Swift's Premium"

time is a new revelation

Housekeeping, Nursery, Gardening and News of Interest to Women



The Eighteen Months Diet

At eighteen months the teeth are in good condition and more meat is added to the dietary. At this time too, enough nourishment is given in three meals, provided they are the right kind of meals.

The orange juice is given first thing in the morning. This is important, especially for constipated chil-

a.m., breakfast-Well-coo

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rant, especially for constipated children.

7.80 a.m., breakfast.—Well-cooked oreal with milk; toast. Sometimes in egg may be given at this meal, and once in a long while a tiny piece of crisp, fat, side bacon.

12.30 p.m., dinner—Meat, potato, one vegetable and dessert.

At first the meat consists of a tablespoonful of rare soraped beef mixed with the potato. The quantity is gradually increased and the variety extended to include roast beef and lamb, roast or boiled chicken, boiled fish. The potatoes must be well cooked—preferably baked—if not baked, then cooked in the skin carefully and afterwards mashed. They must never be given to children when fried or scalloped Carrots, well cooked squash, and boiled parsnips are good winter vegetables. They must be cooked very soft and mashed fine.

The dessert may be a milk pudding or apple sauce.

5.30 p.m., supper—Bread and milk with milk to drink, or bread and broth, or bread and fruit with cooca to drink. Bread should never be given fresh or soft. It should be stale enough to crumble. It is best cut in squares and put into the oven until it is hard all the way thru. This is the best way to give bread to constipated children. Toast should be toast, not a piece of soggy bread with hardened sides. Butter is used too plentifully by most mothers. Cream or top milk contains the same nourishment and is much more easily digested. Give children plenty of cool, beiled water to drink between meals and they will never want to "piece." If any of the articles I have mentioned are not familiar or their preparation is unknown to you I shall gladly send recipes.

When measuring food, two table-spoonfuls equal one ounce.

FATHER CLINE FOR TORONTO PARISH

Oshawa Priest to Take Danforth Avenue Charge—Will Also Superintend Charities

OSHAWA, Ont., Oct. 10 .- The Archbishop of Toronto has selected the Rev. Father Cline for the position of superintendent of charities for the archdiocese. This position is a most important one, and also one requiring extreme tact. Rev. Father Cline has been eminently successful in the va-rious parishes over which he has pre-sided. Since coming to the Town of Oshawa he has made a most excellent Oshawa he has made a most excellent showing, also at Whitby, which town is under his charge. He took charge in this parish in 1907, during which time he has made many improvements to the interior of the church at Whitby, by the erection of an excellent gallery and side altar, at a cost of one thousand dollars. In connection with his work in Oshawa he has materially improved the presbytery and grounds at a cost of \$2300, and has reduced the church debt from ten, thousand to



SAMUEL PEET the moment when Small boys become As, when one rises from his seat When ladies enter. Not Sam Peet! He is a Goop,

and keeps his chair; Ladies or not. he doesn't care!

Don't Be A Goop!

Compare as closely as you like-nowhere will you find bargain values that will equal those named in the lists that follow.

Upright Pianos Square Pianos Organs at Bargain Prices

-A Special Offering of Ye Olde Firme-

Heintzman & Co. Limited

-Makers of World's Best Piano-

See these Prices for Fine Uprights

Little Prices for Square Pianos

Organs of Best Makers at Small Prices

Easy Terms of Payment

PIANO SALON: 193-195-197 Yonge Street TORONTO, CANADA



Anderton is a young girl of unusual talent, possessing a wonderful soprand voice. Altogether, there are 17 numbers on the program, as follows: three thousand dollars. His biggest work in Oshawa is the erection of a fine new school and parish hall, for which the ground was broken on the 8th day of May of the current year, and is now nearing completion. This 1. Niebelungen March Victor Military Band

A sumptuous banquet was tendered him last night, attended by approxi-mately one hundred business men and members of the Oshawa Board of Trade. The guest of the evening was seated on the right of the chairman, Mayor Edmonson, while W. E. N. Sinclair, M.L.A., also spoke.

It is understood that the appoint-ment of Rev. Father Cline in Toronto is a double one. Prior to taking up his duties as superintendent of charities, he will visit Boston and New York, at which places he will study the work of solving the social co tions which are confronting Canada at the present time. He will event-ually assume charge of the new Danforth avenue parish, Toronto.

FINE MUSICAL PROGRAM. Saturday Afternoon Free Concert-Heintzman & Co. Recital Hall.

Misss Anderton, only 15 years of age, a pupil of Mr. E. W. Schuch, is personally down for two numbers for Satwrday's free concert in the Heintzman Victrola Parlors of Ye Olde Firme, & Co. Recital Hall, 193-195-197 Yonge Heintzman & Co., Limited, on same street, from 2.15 to 3.15 p.m. Miss floor at close of concert.

2. Gems from "Naughty Marietta" Victor Light Opera Co

8. Moonlight Dance
9. Asthore John McCormack
10. Somewhere a Voice is Calling,
personally sung by Miss Ethel Anderton. The Butterfly... Pryor's Orchestra 12. Caprice Viennois...Fritz Kreisler 13. Carceleras (Prisoner's Song) Luica Tetrazzini

Luica Tetrazzini

14. Gretchen's Dream Waltz
Guido Gialdini

15. Luna Nova (Neapolitan Song)
Antonio Scotti

16. The Firefly—Symphony
Helen Clark and Walter Van Brunt

17. Come Where My Love Lies
Dreaming
Neapolitan Trio
Readers are invited to visit the
Victrola Parlors of Ye Olde Firme.

Corn Starch

TARCH forms an important part of our food and assists in forming the fat of the body. Wheat starch, potato starch and rice starch are used in quantities, but the most popular for culinary uses is

Many housekeepers think it is too costly to use for thickening purposes and seldom or never have a package of it in their cupboard, but the delicate custards and puddings made with it can not be had with any

other medium.

Corn starch dainties, like cup custards and blanc mange, are the most nutritious of all foods and invaluable for invalids and children.

The following recipe may have fruit added to it or cocoanut or chocolate and makes a delicious low-priced dessert:

Heat a quart of milk until it is scalding and dissolve four tablespoons of cornstarch in a little cold milk. To this last add a pinch of salt, a stick of cinnamon and four tablespoons of sugar. Stir this into the hot milk and continue stirring until quite thick, which should be in about four minutes. Add flavoring and turn into molds or cups. When cold unmold

and serve with sauce.

If eggs are used less starch is needed. Make as directed, but beat the whites and yolks of the eggs separately, and add the latter to the cornstarch, sugar and cold milk. Beat the whites of the eggs very stiff and add them at the last moment, with the flavoring.

Give a final beating and cool and serve it in a fancy dessert dish. The egg whites will rise to the top of the dish and give a pretty frothy

The egg whites will rise to the top of the dish and give a pretty frothy appearance in the mixture.

Bolling liquid is always necessary to properly cook the starch granules; unless the water or milk is really at a high temperature, the granules will not swell and break. Examples of this may be seen daily in soggy oatmeal, under-done bread and badly made starch.

Laundresses know that unless starch is rightly made by moistening the lumps with cold water to form a paste and then adding briskly bolling water, the mixture will stick to the irons and cause endless troubles.

The first women to learn to starch clothes were those of Holland. The first women to learn to starch clothes were those of Holiand, and James the First helped them to keep their secret, at the same time astonishing visiting courtiers with the wonderful appearance of his stiff

Bright yellow starch was used at one time in England, but the woman who introduced this strange fashion was afterwards hung for the murder of a duke, and as she was executed in a yellow starched ruff, the style died

Dark calicoes should be stiffened with colored starch. Make as usual and add clear black coffee. A small piece of paraffine or white wax will prevent starch from lumping.

BRAMWELL BOOTH ON CANADIAN TRIP

S. A. General Will Visit Toronto and Winnipeg-Here November First.

The Salvation Army in Canada will shortly celebrate an event of historical importance to that organization in the welcome to the Dominion for the first time of their new general, William cessor of the late General William Booth, founder of the world-wide

movement.

Toronto and Winnipeg are the only centres to be visited by General Booth and extensive arrangements for public and private gatherings at these places are being made.

The general leaves Southampton on Oct. 23 and proceeds direct to Toronto, where he, will arrive on Saturday, Nov. 1, and his engagements here will keep him until Nov. 6, after which

Kept Clean and Bright

Sprinkle a little Old

Dutch Cleanser on a

damp cloth and rub

over the wet knife or

fork. Then wash and

dry thoroughly. Spots,

rust, fruit stains and

discolorations disap-

Dutch

eanser

pear instantly.

he will journey to Winnipeg, remaining there until Nov. 11.

Commissioner David C. Lamb, international and emigration secretary for Canada, Commissioner John Lawley and Col. Theodore Kitching will accompany General Booth from England.

All officers of the army and delegates in the territory extending from Port Arthur to Halifax, also from Newfoundland, will meet their leader in Toronto, and those from Fort William to the Pacific coast at Winnipes.



The Fritillarias

Why is it that so few of our small gardeners are entirely unacquainted with these unique plants—the fritil-

larias?

These bulbs are to be had in many varieties; and, if the soil in which they are placed is rich, but especially well-drained; and, if, when once established, the bulbs are left absolutely undisturbed for three years, then these plants will be to you "a joy for-

The flowers of these strange plants are often called the "snake's head" lilies. Why! we cannot imagine. How anyone can compare a pretty drooping lily bell to a snake's head is a puzzle!

anyone can compare a pretty drooping illy bell to a snake's head, is a puzzle! True, one variety, F. Meleagris, has peculiarly checked and cross-striped petals; also, P. Pallidiflora, a very pale yellow, is finely striped and checkered inside the bell, and other varieties are oddly marked. Yet still, why snake's head?

Now, as to the different varieties which our own gardeners may try. For the rockery, for the herbareous border, for the greenhouse, for pot culture, for early outside bloom in the bulb hed—surely, from this list something may be found for each one's especial need!

For the border choose the Crown Imperials. These are very beautiful and stately plants, growing quite three feet high, and bearing a great whorl of flowers; often these whorls are double, and in each case the whole inforescence is crowned with a rim of dainty green leaves

florescence is crowned with a rim of dainty green leaves.

dainty green leaves.

These great clumps rival in beauty of form and coloring any late-flowering spring flowers we have yet spoken of. Our own collections, which have been with us so long that we regard them as one of the fixed points of the garden, are the great giants, red, yellow and orange brilliant. Buy these varieties and plant the bulbs, six or eight in every clump, each clump eighteen inches apart.

six of eight in every clump, each clump eighteen inches apart.

These must not be interfered with until the third year, when root division may be attempted or fresh stock started by the removal of any small off-shoots, which may be carefully cultivated in pots.

Like all bulbs, fritillarias benefit much by being well protected with a

thick an builds, fritiliarias benefit much by being well protected with a thick winter mulching, which however may be lightened considerably in late February, and quite removed by

March 1.

When we continue our talks on rockery and Alpine plants (which really and truly got in their wrong place), fritillarias will be spoken of again. With especial reference to some varieties for this purpose.

C. V.: Z:—You had better enquire at this office and find out whether or no, a complete file is to be obtained from March 17. We did not keep the original papers.

A double roaster will be found convenient when canning fruit. Put the fruit in the small cans, and put them in the roasting pan with the water, to



" Ham." To taste "Swift's Premium Premium" for the first Ham to the palate.

Look for the Brand SWIFT'S PREMIUM

It is different from any other ham. An exclusive secret process of curing gives it its mild, characteristic, satisfying flavor. There's a juicy tenderness a deli-cate, nut-like fiavor about a Ham which no

Swift Canadian Co.

NOT CLEANLINESS

Is Taught in City Schools According to Trustee Fairbairn.

school management committee yesterday afternoon that too much time was devoted to teaching young girls how to make ples in the domestic science department. More attention should be given to teaching the girls domestic cleanliness, so that they would know how to get some of the live animals out of their homes.

Dr. Noble considered it was a prescribed duty of the teachers to teach second morning after leave to the considered it was a prescribed duty of the teachers to teach second morning after leave to the considered to Florida via Buffalo.

Winter Tours to the Land of Sunshine and Summer Days.

At this season of the year a greamany are planning their winter tour some to the Sunny South, others is California, while a considerable number prefer the flowers and sunshine of Florida, together with the very ever climate.

Owing to modern railway faci an extensive trip, both interesting educational, can now be made in and comfort at comparatively

expense.

The Canadian Pacific Railway offer particularly good service to Ditroit, where direct connection is ma for Florida, via Cincinnati, Ohio, a Atlanta, Ga. Jacksonville, Fla, reached second morning after leave Detroit. Excellent connection can a

Trustees Dr. Conboy, Fairbairn and Hitz will report to the next meeting on the question of establishing permanent open air schools.

A protest from Dr. Conboy because a certain temporary teacher had not been placed on the regular staff elicited the statement that she was not

"The Day's Catch"

Whether at work or at play the "day's catch" does not count if your stomach goes out of business and your capacity to enjoy the good things of life is taken from you.

not only contains every element needed to repair waste tissue and restore strength to jaded nerves but it is retained and digested by the most delicate stomach. A food for athletes and invalids, for children and grown-ups.

Always heat the Biscuit in the oven to restore crisp-ness. For breakfast serve with milk or cream or fresh fruits of any kind. Try it with peaches and cream-

MADE IN CANADA A CANADIAN FOOD FOR CANADIANS

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Toronto Office:



Canadian R ment Bu

WILL THE TATORONTO?—
Society foll cepted kind dance it—
its probabi

EVER EMBAI Laugh and you, but s you—Toron tell us the ADVICE TO DON'T MOTO

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In the W AMOW TOOL PLAID'S POP Nor for y plaid been fine color ; shows some and black tic feather

A BRAND NE IN CANDLE Something make—"D Martha Feminine ther Influe

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HUNT CLUB IN SNAPPY

BOY SCOUTS page of todd daily JEWISH NE

Your Will