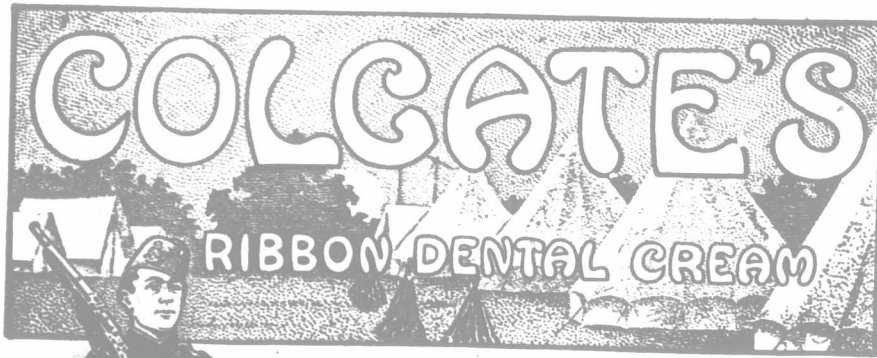




## Leave A Sentry On Guard Over Your Teeth

Night-time is a danger time. Before retiring, protect your teeth with this delicious cleanser and preserver—

## COLGATE'S Ribbon Dental Cream

Doubly efficient—not only germicidal, destroying the decay germs, but its lasting antiseptic effect keeps your mouth, at night, in the sweet, clean, non-acid condition that counteracts germ-growth.

Sound teeth and healthy gums are an admitted safeguard against disease. The regular use of Colgate's Ribbon Dental Cream will not only improve your appearance, but also your health.

Send 4c. in stamps for generous trial tube.

## COLGATE & CO.

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added to this picture we see the elm in her dress of gold, the sumac "as a gipsy queen who flaunts in crimson dressed."

"And beautiful above the wood,  
All in his purple cloak,  
A monarch in his splendor is  
The proud and princely oak."

Why does this great change take place?  
You answer at once, "It is the coming of the frost."

Yes, but there is something more than that.

The needles of the mighty pine and kindred trees do not change their color, nor do they shed all their leaves at one time.

It is only the trees, of which the fruit and seeds have reached maturity that are decked in such glorious attire.

The leaves, as we know, are one of the nutritive organs of a plant. Their work is three-fold: They are to the plant what the pores, lungs and digestive organs are to the human system. All summer the leaves not only help to nourish the trees, but they protect the fruit, and, therefore, the seed from the wind and storms and insects. Then, too, just as the new teeth come in a child's mouth, new leaf buds are formed at the junction of the old leaf and stem. Incidentally, the leaves have protected man from the fierce glare of the noonday sun, and provided shelter for the panting beasts.

In the spring the genial warmth of the sun draws the sap up the tree, but once the frost comes the sap retreats, so that gradually the leaf is cut off from the nourishment the root supplies.

The work of the leaves is ended—the seed is ripe and the promise of new leaves appears and we see nature rejoice in glorious attire, over which the hazy atmosphere casts a softening tone, that induces us to meditate on the eventide of life.

As we see around us our loved ones who have passed from the springtime of youth to the autumn of old age, do we not see about them the beautiful halo that comes because of loving service rendered, the sweetness and joy that come because of work accomplished?

How lovingly, how tenderly they have cared for those whom nature and environment gave them!

It is only when the early frosts have come that the burrs open and give to us the sweet kernels, so in our friends we find that those who have passed through the fierce heat and the electric storms of midsummer, and have encountered the frosts of early autumn, have for us "The full ripe grain of wisdom and truth." Those who have misspent their days, in whom the passions of youth have hardened into self-destroying vices, look upon their condition and sigh with Byron:

"My days are in the yellow leaf;  
The flowers and fruits of love are gone;  
The worm, the canker and the rust  
Are mine alone."

But when feature has sprung from the glory of youth, and the bloom of youthful freshness has merely faded into another glory. The cultured and purified soul shine through the decay of flesh, and as the departing sun sets,

ineffable rays the accompanying and surrounding clouds, so do the beautiful mind and soul glorify the seared features and the whitened locks.

"A woman, bowed through serving oft in pain;

And as she meekly stood her form grew strong,

And long-lost beauty dawned again.

Yet more was giv'n—for all, with wonder fraught

Bent low before the sweetness of her face;

Crying—what marvel hath this woman wrought,

To be thus clothed with such sweet mighty grace?

Then one of seraph tongue made answer low—

One talent only hers, a faithful heart;

And she abroad but little could bestow,

So much was needed for her mother part.

And this with love she almost made so fair,

That there she was an angel unaware."

Or with our own Canadian poet, Thomas O'Hagan, we may sing:

"The swallows twitter in the sky,  
But bare the nest beneath the eaves;

The fledglings of my care are gone,  
And left me but the rustling leaves.

"And yet, I know my life hath strength,  
And firmer hope and sweeter prayer,

For leaves that murmur on the ground  
Have now for me a double care.

"I see in them the hope of spring,  
That erst did plan the autumn day;

I see in them each grief of man  
Grow strong in years, then turn to clay.

"Not all is lost—the fruit remains  
That ripened through the summer's ray;

The nurslings of the nest are gone,  
Yet hear we still their warbling lay.

"The glory of the summer sky  
May change to tints of autumn hue;

But faith that sheds its amber light  
Will lend our heaven a tender blue.

"O altar of eternal youth!  
O faith that beckons from afar!

Give to our lives a blossomed fruit,  
Give to our morns an evening star!"

### Recipes in Season.

**Tomato Preserves:**—Select sound tomatoes, small yellow ones if possible, as they look better when preserved than the red varieties. Wash and prick with a needle to prevent their bursting. Put their weight in sugar over them, and let stand over night. Next morning add enough water to cover them. Boil slowly until the fruit is clear and the syrup thick. A little while before taking off the fire add for each pound one sliced lemon, rind and all, and one small bit of ginger root.

**Liver Cutlets:**—Slice  $\frac{1}{2}$  lb. liver thin, scald it and drain. Beat the yolk of 1 egg, dip the slices in it, then in cracker or dry breadcrumbs, and fry in bacon drippings. Season and serve.

**Ripe Cucumber Pickles:**—Cut six large ripe cucumbers in halves, take out the seeds, then cut in strips. Let them stand in dry salt over night. Next morning wipe each strip dry and put them in a jar, sprinkling in 6 red peppers cut in bits, a fresh horseradish grated, and some mustard seed. Cover all with boiling hot vinegar. On the third morning drain off the vinegar, scald it again and fill the jars. You may add sugar to the vinegar if you choose.

**Muffins:**—Beat 2 eggs well; add 1 cup milk and  $\frac{1}{2}$  teaspoon salt. Pour over 1 heaping pint sifted flour and beat until smooth. Add 1 tablespoon melted butter and beat hard until little bubbles can be seen in the batter. Stir in 1 heaping teaspoon baking powder, beat again quickly, and pour into hot, greased muffin rings or deep patty-pans, filling them two-thirds full. Bake 25 minutes in a quick oven.

**Stewed Cucumbers:**—Peel 4 or 5 large cucumbers and cut into slices  $\frac{1}{2}$  inch thick. Just cover them with hot water and boil gently until tender but not broken. Drain off the water. Put 2 cups thin cream in a saucepan, season with salt, pepper and butter. When this

comes to a boil drop in the cucumbers. Let them get heated through, shaking the saucepan instead of stirring to prevent burning. Serve very hot on buttered toast. Delicious.

**Popovers:**—Beat 2 eggs light, add 2 cups flour, 2 cups milk, saltspoon salt. Mix the flour with part of the milk to a very smooth batter, then add the eggs and the rest of the milk. Beat well, put in hot buttered gem-pans ( $\frac{3}{4}$  full) and bake. No baking powder is required.

**Corn Cake:**—1 egg, 1 cup sour milk,  $\frac{1}{2}$  cup flour, 1 tablespoon sugar, 1 tablespoon lard,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda blended in 1 tablespoon hot water. Corn meal to make into a thin batter. Beat well and bake in a deep cake pan in a hot oven.

**Smothered Steak:**—1  $\frac{1}{2}$  lbs. steak, 5 or 6 onions, 1 cup water. Slice the onions and put a layer in the frying-pan, then the steak, then more onion on top. Add a few dashes of pepper. Pour in the water, cover closely, and set on the stove. If the water boils away add a little more hot water. When the meat is tender take it out; thicken the gravy with 2 tablespoons cornstarch mixed smooth in cold water, season, then pour over the steak and serve hot.

**Astrakhan Jelly:**—Wash, quarter and core, but do not pare the apples. Cook until soft in a granite pan with a very little water. When very soft drain through a jelly-bag. To 1 pint juice add 1 lb. granulated sugar, boil 20 minutes, then pour in glasses. After a day or two pour melted paraffin over and put on the covers.

**Cold Veal Tongue:**—Cook 2 veal tongues in salt water until tender. Leave in the water until cold, then remove the skin and slice thin. Lay the slices on lettuce leaves and garnish with hard-boiled eggs.

**Baked Cucumbers:**—Take large cucumbers, peel, and cut in two lengthwise. Remove the soft part. For 3 cucumbers take  $\frac{1}{2}$  cup breadcrumbs and rub into them butter size of a small egg. Add a teaspoonful chopped onion, and season with salt and Cayenne. Sprinkle a little salt over the cucumbers, then fill with the crumbs. Bake until the filling is a nice brown.

**Banana Ice Cream:**—Mash 8 bananas fine. Put 1 pint cream to boil, add  $\frac{1}{2}$  lb. sugar. When dissolved add the bananas, then add 1 pint milk, and freeze.

**Wheat Gems:**—1  $\frac{1}{2}$  cups cold rolled wheat porridge. Add a saltspoon of salt,  $\frac{1}{2}$  cup milk, and white flour to make a stiff batter. Beat well and drop in hot gem pans. Bake quickly.

**Creamed Apple Sauce:**—4 cups cold apple sauce, 1 cup powdered sugar, 1 cup rich milk or cream, whites of 2 eggs frothed. Mix sugar and cream until dissolved, then add whites of eggs and beat into the apple sauce.

**Green-Corn Cakes:**—Cut cooked corn from the cob. Put 1 cup milk to every cup of corn,  $\frac{1}{2}$  cup flour, 1 egg, pinch of salt. Mix to a thick batter and fry in cakes in very hot lard. Serve with butter, or with butter and powdered sugar.

**Velvet Cakes:**—To 1 well-beaten egg add 1 tablespoon melted butter,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  pint flour, 1 teaspoon cream of tartar sifted with the flour,  $\frac{1}{2}$  teaspoon soda dissolved in 1 spoonful hot water. Beat and bake on a greased griddle.

### How to be a Sunbeam.

Learn to laugh. A good laugh is better than medicine.

Learn to keep your own trouble to yourself.

The world is too busy to care for your ills and sorrows.

Learn to hide your pains and aches under pleasant smiles.

No one cares to hear whether you have the earache, headache or rheumatism.

Don't cry. Tears do well enough in novels, but are out of place in real life.

Learn to meet your friend with a smile. A good-humored man or woman is always welcome.

Above all, give pleasure. Lose no chance of giving pleasure. You will pass through the world but once.

Do the duty that lies nearest thee; thy second duty will already have become clearer.

Be content to do the things you can, and fret not because you cannot do everything.

Never reply in kind to a sharp or angry word; it is the second word that makes the quarrel.—Onward.