

O Coffee! goddess  
of the breakfast table—  
that delighteth the taste  
and refresheth the body  
—I drink to thee in  
thy perfect form,  
Chase & Sanborn's  
**SEAL BRAND**  
**COFFEE.**



The best inns—  
that have earned the  
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places on all well regulated menus.

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In soap-form—no powder to fly about and waste.

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## Hints for the Housewife.

### Baby Corn.

A happy mother stalk of corn  
Held close a baby ear,  
And whispered, "Cuddle up to me,  
I'll keep you warm, my dear.  
I'll give you petticoats of green,  
With many a tuck and fold  
To let out daily as you grow;  
For you will soon be old."

A funny little baby that,  
For though it had no eye,  
It had a hundred mouths: 'twas well  
It did not want to cry.  
The mother put in each small mouth  
A hollow thread of silk,  
Through which the sun and rain and  
air  
Provided baby's milk.

The petticoats were gathered close  
Where all the threadlets hung;  
And still as summer days went on  
To mother-stalk it clung;  
And all the time it grew and grew—  
Each kernel drank the milk.  
By day, by night, in shade, in sun,  
From its own thread of silk.

And each grew strong and full and  
round,  
And each was shining white;  
The gores and seams were all let out,  
The green skirts fitted tight,  
The ear stood straight and large and  
tall,  
And when it saw the sun,  
Held up its emerald satin gown  
To say, "You're work is done."

"You're large enough," said Mother  
Stalk,  
And now there's no more room  
For you to grow." Shetted the threads  
Into a soft brown plume—  
It floated out upon the breeze  
To greet the dewy morn,  
And then the baby said, "Now I'm  
A full-grown ear of corn."

### Birthday Cakes and Candles.

We had trouble with candle holders  
for the birthday cakes until the old-  
est boy grew large enough to tinker  
with things and then he found a simple  
way to overcome the difficulty: Cut a  
large circular piece of cardboard,  
using a string to draw the circle, and  
glue the candles to the outer edge with  
their own wax. Arrange smilax or  
any green vine between the candles  
and place the frosted cake in the  
middle.

### How to Test Washing Powders.

A washing powder can be tested for  
soda, too much of which is injurious  
to clothes, in the following way: Into  
about a tablespoonful of water in a  
glass put about half a teaspoonful of  
the powder to be tested, then add a  
drop or two of muriatic acid. An ef-  
ferescence then shows the presence of  
carbonate of soda. The carbon dioxide  
formed from the carbonate causes the  
effervescence. If acid is added until  
the effervescence stops, and signs of  
a greasy film are seen in the top of the  
liquid, the acid has united with the  
base of a soap and set free the grease,  
showing the powder to be made of or  
to contain a combination of soda and  
soap.

### How to Make the Baby Sleep.

I paid a physician five dollars for  
this hint and I think it was cheap at  
any price. My baby cried at night,  
beginning about an hour after I had  
put him to sleep. He was a well,  
hearty child and I couldn't find any  
cause for it. So I called the doctor.  
He put me through the usual cate-  
chism and examined the baby. Then  
he examined the baby's bed. He found  
that I covered him with an elderdown  
quilt, a pair of woolen blankets, and  
a silk lined coverlid. "Too much  
cover," he said. Put him to bed with  
this amount and then gradually re-  
move all but the blankets. A child of  
his age generates so much heat that  
after half an hour he is roasting to  
death in his own heat. Let him have  
a chance to get the air." I have fol-  
lowed this advice and never since that  
time have I had any trouble with night  
crying.

### Don'ts for Husbands.

Dear Housewife.—Hang this up in a  
prominent place in your home for the  
benefit of your noble husband; Don't  
hang about the kitchen, with advice  
here and suggestions there, unless you  
give your wife the same privilege at  
your place of business. Don't require  
an itemized report of every shilling  
placed in her hands; even should she  
make an unwise expenditure, consider  
how many times you have given her  
the example.

Don't allow any family disagree-  
ments or differences of opinion to crop  
out before children or servants; let all  
such things be reserved for private  
discussion, with mutual confidence and  
kindness. Don't use all your kindness  
and gallantry away from home, and let  
the unpleasantness manifest itself in  
the family circle; try the other course  
for a time, and see how that will work.  
Don't listen to the man who begins

to disparage his wife, and parade her  
real or fancied shortcomings to the  
world; advise him to settle those  
things in the privacy of his own home.

Don't make it necessary for any per-  
son to give you like advice.

Don't pay a couple of dollars for a  
lunch "in town," and half as much  
more for cigars, while you think out  
plans for greater economy in the fam-  
ily grocery bill.

Don't forget that members of the  
family have as good a right to a pleas-  
ant greeting when met, and will ap-  
preciate it as much, as the business or  
social acquaintance next door.

### SALADS.

**Potato Salad.**—Take 4 cold boiled po-  
tatoes cut in thin slices; 1 hard boiled  
egg; 1 onion cut fine and a little cel-  
ery. Mix with salad dressing and serve  
on lettuce leaves.

**Potato Salad.**—Boil 6 potatoes, when  
cold, peel and slice and add 2 onions;  
take a slice of breakfast bacon and cut  
in squares; fry until brown; remove  
the squares and place on potatoes; add  
1 egg beaten light, and ½ cup vinegar  
to the grease and let come to a boil,  
stirring all the time. When cold add  
a little sugar, salt and pepper; pour  
over potatoes; mix well.

**Fruit Salad.**—One pineapple grated; 3  
oranges cut in small sections; 6 peach-  
es peeled and sliced; ½ dozen apricots  
peeled and sliced, 4 bananas peeled  
and sliced; 2 lemons, juice and pulp.  
Arrange in layers in dish and pour  
over a rich syrup made of 2 cups of  
powdered sugar and the lemon juice.  
Chill and serve with whipped cream  
and angel food cake.

**Fruit Salad.**—Bananas, oranges,  
grapes, pineapple, pears and cherries  
may be combined either all or a few in  
any desired proportion to make a salad.  
Make a syrup of water and sugar with  
a little lemon juice and pour over fruit  
when cold.

**Cooked Salad Dressing.**—1 table-  
spoonful olive oil or butter (running  
over) 1 tablespoonful sugar, (heaping)  
1 tablespoonful salt, (scant level) ¼  
tablespoonful mustard, 3 eggs, 1 cup  
milk, 1 cup vinegar. Mix oil, sugar  
and mustard, add beaten eggs, then add  
vinegar and lastly, the milk. Cook  
until it thickens, stirring constantly.  
Remove from the fire, add salt and  
beat for a few minutes with an egg  
beater to remove any curdle, and cool.  
This will keep in a cool place for a  
couple of weeks.

**Mayonnaise Salad Dressing.**—2 yolks  
of eggs; 1 pint of olive oil; 2 small  
teaspoons lemon juice; 2 small table-  
spoons vinegar; 1 level tablespoon  
salt; 1 level teaspoon powdered sugar;  
1 level tablespoon dry mustard; ¼  
level teaspoon white pepper or paprika.  
Break yolks into small bowl and add  
very gradually, beating constantly,  
half the oil. Mix all the dry ingredi-  
ents in a saucer and then add the  
acid half teaspoonful at a time, alter-  
nating with the remainder of the oil.  
The acid thins the mixture while the  
oil thickens. Keep on the ice until  
ready for use. When properly mixed  
and chilled, this will be very thick.

### Bread.

Bread may be called, without error of  
statement, "the staff of life," and have  
you heard the equally true additional  
clause to this old saying made by a  
wise head of our own time? "Bread is  
the staff of life, but bread and butter  
is a gold-headed cane." Bread made of  
wheat flour is a perfect food, but for  
its slight deficiency in fat; hence  
arose the custom of spreading it with  
butter. So many good things are  
handed down to us whose reason for  
being we do not stop to think of or  
understand!

Bread, in some form or another, is  
the staple starchy food of the civilized  
world, and many forms are character-  
istic of certain nations. Who has not  
heard of the black bread of Germany,  
the oat cakes of Scotland, the rye cakes  
of Sweden, and the Passover cakes or  
unleavened bread of the Jews?

It is very essential that so universal  
a food should be as nutritious, palat-  
able and digestible as the best of ma-  
terial and skill in making can produce.  
At the present time it is known that  
flour made of wheat is capable of mak-  
ing the most perfect loaf. Wheat flour  
contains all the food principles,  
though not in ideal proportions, the de-  
ficiency being in fat, as has already  
been stated. Wheat flour contains from  
eleven to thirteen per cent. of protein  
in the form of gluten, a tough, elastic  
substance, which enables dough to re-  
tain the gas formed in it, which is a  
great aid toward the light, spongy  
loaf.

Trial Catarrh treatments are being  
mailed out free, on request, by Dr.  
Shoop, Racine, Wis. These tests are  
proving to the people—without a pen-  
ny's cost—the great value of this  
scientific prescription known to drug-  
gists everywhere as Dr. Shoop's Ca-  
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