

**Quaker Oats Muffins.**

One cup cold Quaker Oats Porridge, one cup sweet milk, one tablespoonful sugar, one well-beaten egg, one-half teaspoonful of salt, one tablespoonful melted butter, two teaspoonfuls baking powder, add enough flour to stiffen batter nicely. Bake twenty minutes in muffin pans or rings.

**To Make an Omelet.**

A good omelet can be made as follows: One cup sweet milk, one cup cracker crumbs; soak the crumbs in the milk, beat three eggs to a froth, stir eggs and cracker together, adding a little salt. Turn all into a hot frying pan that contains a little melted butter. When the omelet is brown on one side, turn and brown the other side. This is sufficient for four or five persons.

**How to Serve Rice with Fig Sauce.**

Steam the rice, look over, wash and chop or cut fine enough good figs to make a cupful. Stew in a pint of water, to which has been added a tablespoonful of sugar, until they are one mass. If the figs are not of the best quality, and do not readily soften, it is well, after stewing for a time, to rub them through a colander to break up the tough portions and make a smooth

sauce. Put a spoonful of the hot fig sauce on each dish of rice, and serve with plenty of cream. Rice served in this way requires no sugar for dressing, and is a most wholesome breakfast dish.

**To Preserve Polish on Plate.**

Among the minor annoyances of housekeeping is the one that, however carefully plate may be cleaned before putting it away, in the course of a week or so it becomes dull and tarnished. This may be avoided by the following simple means: After thoroughly cleansing the plate and polishing it with whiting, wrap up each piece in tin-foil, such as is used for wrapping up chocolate, tea, etc., then put it in a dry cupboard or drawer.

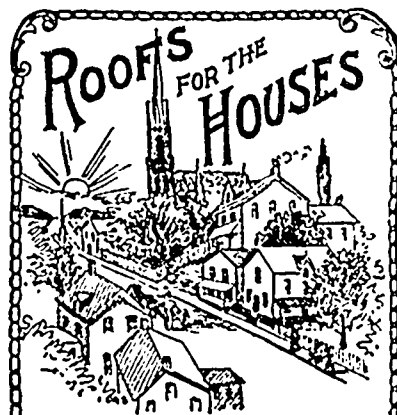
**Manners.**

It is right to do as you please so long as you please to do right.

An idle word, nay, deem not true  
The Tempter's weak excuse for you.  
No idle word was ever spoken  
It is by such that hearts are broken,  
And friendships rudely rent in twain  
That life can never bind again.

An idle word, it cannot be  
Words are too potent once set free;  
We turn the rivers from their courses,  
We curb and harness Nature's forces,  
But words, the offspring of the soul,  
Once uttered are beyond control.

LALIA MITCHELL.

**32 Years Ago**

We started the manufacture of sheet metal building materials, and this long experience enables us to offer intending builders all that is desirable in Steel Roofing, Steel Siding, Steel Ceilings, etc.

**We Prefer**

That you purchase through the trade, still if your dealer cannot give the information you desire, or offers a substitute "just as good," write us.

"The Pedlar Patent Shingles" are the best, and the best cost no more than the poorest.

**Pedlar Metal Roofing Co.**  
**OSHAWA, CANADA.**

# THE GEO. WHITE & SONS CO. LIMITED

## LONDON, ONT.

We manufacture the largest and best assortment of

**THRESHING MACHINERY**

on the market.

Five different styles of Engines—LOCOMOTIVE and RE-TURN TUBE BOILERS, PORTABLE and TRACTION.

Two styles of Threshing Machines—CHALLENGE and ADVANCE.

WRITE FOR ILLUSTRATED CIRCULAR.

THE GEORGE WHITE & SONS CO., Limited

LONDON, ONT.