

COMBINGS!

LADIES—We make your combings into switches, any quantity for **\$3.00**. Satisfaction Guaranteed.

New Hair added to Combings if desired from **\$1.00** worth up.

We carry a full line of **TOILET GOODS** 10c. postage for mailing.

Elite Hairdressing Parlors
207 Endernton Building
WINNIPEG



The Happy Baby

The air of perfect happiness and contentment of babies brought up on Savory & Moore's Food is constantly a subject of remark. This is simply because it is so easily digested, so nourishing and satisfying, in fact an ideal food for babies in every way.

Get a tin of Savory & Moore's Food to-day from your Stores, and note how eagerly baby will take it, and what marked improvement and steady progress will follow its use.

MOTHER'S GUIDE FREE

Savory & Moore's little Book "The Baby" is full of useful and reliable information on Infant Management. It is just what a young mother requires, and will prove invaluable in the home. A Free Copy may be obtained on application to Savory & Moore, P.O. Box 1601, Montreal.

SAVORY & MOORE'S FOOD
Of all Druggists and Stores

BUY YOUR LUMBER DIRECT
FROM MILL TO CONSUMER
MILL F.M.T.C. CONSUMER

Why pay middlemen's profits when you can pay highest quality lumber, shingles, sash, doors, windows, fence posts, etc., direct from us, and save 20 to 40 per cent? We make prompt shipment on everything in lumber of guaranteed quality, required to build a house, barn, implement shed, silo, granary, school or church. Farmers, Contractors, Secretaries of School Districts and Municipalities, write for our prices delivered, freight paid, to your nearest station. Write now.

The F.M.T.C. LUMBER CO.
DUPONT VANCOUVER B.C.

cups of scalded milk and 1 tablespoon each of chopped celery and parsley, $\frac{1}{2}$ tablespoon of chopped onion, and $\frac{1}{2}$ tablespoon of salt. Dilute 1 tablespoon of flour with a little cold water, add to soup and stir until slightly thickened. Just before serving add 1 tablespoon of butter.

Potato Fritters—Boil and mash 3 good sized potatoes; add $\frac{1}{4}$ tablespoon of butter, $\frac{1}{4}$ teaspoon of salt, $1\frac{1}{2}$ tablespoon of sugar and the well-beaten yolks of 2 eggs. Mix well and form into small round, flat cakes, roll in a mixture made of $\frac{1}{2}$ tablespoon of flour and 3 tablespoons of bread crumbs; saute in butter until well-heated through and a golden brown on the outside.

Raisin Bread—Mix together 1 cup each of cornmeal, graham flour and fine oatmeal, $\frac{1}{4}$ teaspoon of soda, $1\frac{1}{2}$ teaspoons of salt, $\frac{1}{2}$ cup of molasses, $1\frac{1}{4}$ cups of milk or water and 1 cup of raisins. Stir until well mixed, turn into well-greased molds and steam over hot water for 3 hours, then bake in a moderately hot oven for half an hour. One pound baking powder cans may be used, in which case steam 1 hour.

Plain Pot Roast—The best pieces of beef for a pot roast are the middle, or face, of rump, the round or shoulder. Wipe the meat with a damp cloth, then sear in a hot pan, using only enough fat to prevent sticking. Place in an iron or granite kettle, add 1 cup of boiling water, cover tightly and cook slowly, below the boiling point for three or four hours, or until meat is tender. Season with salt during the last hour of cooking. As the water evaporates it should be replenished so there will be a cupful when the meat is done. Thicken with one tablespoon of flour, diluted with a little cold water.

Cabbage and Apple Salad—Soak 2 cups of shredded cabbage in cold, salted water. Remove the seeds from one sweet green pepper, and chop finely. Chop 1 tablespoon of onion very fine. Pare, slice and cut in small pieces one tart apple. Drain the cabbage, place a layer in the bottom of the salad bowl; over this arrange a layer of apple and sprinkle with the onion and pepper; then moisten with French dressing (3 tablespoons of olive oil blended with 1 tablespoon of vinegar). Repeat with layer of cabbage, apple and so on until the ingredients are used.

Cherry Souffle—Melt 2 tablespoons of flour, add $\frac{1}{4}$ cup of flour, $\frac{1}{4}$ teaspoon of salt, and cook until blended; then add $\frac{1}{4}$ cup of rich milk and cook, stirring until thickened, then add grated rind of $\frac{1}{4}$ lemon, $\frac{1}{2}$ cup of bread crumbs and the yolks of 2 eggs beaten with $\frac{1}{4}$ cup of sugar and lastly $\frac{1}{2}$ cup of canned cherries and the stiffly beaten whites of the eggs. Turn into a greased mold and steam $1\frac{1}{2}$ hours. Serve at once.

Appetizing Lenten Dishes

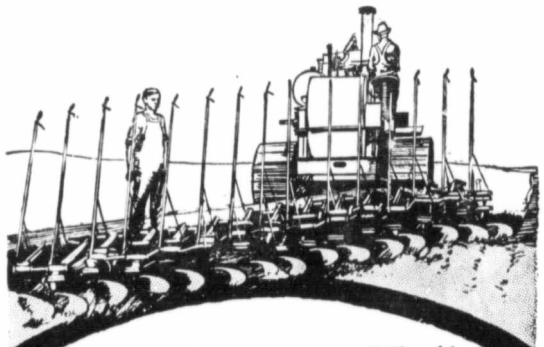
Jerusalem Fish Balls—Skin and pick all the flesh from the bones of 2 pounds of haddock, halibut or any seasonable fish. Put the skin and bones in a kettle, cover with 1 quart of cold water, add a bit of bay leaf, slice of onion and simmer gently for about one hour. While this is cooking put the fish through the meat grinder, together with $\frac{1}{2}$ cup of nut meats—hickory, walnut or peanut—add 1 teaspoon of salt, a little pepper and a few grains of nutmeg, 1 egg well beaten and $\frac{1}{2}$ cup of bread crumbs. Mix well and form into balls the size of an English walnut. Add the fish balls to the strained fish stock and cook below the boiling point for 20 minutes. Remove from the stock and serve at once.

Mock Oysters—Scrape one dozen oyster plants, or salsify roots, cover with boiling salted water and cook slowly until tender. Drain and press through a colander. Add 1 teaspoon salt, a little pepper and 3 eggs well beaten. Cover the bottom of a frying pan with lard or dripping, and when hot drop in the mixture by spoonful, making each the shape of an oyster. Brown on one side, then turn and brown on the other. Serve at once.



In scrubbing floors Old Dutch

makes the brush
go a lot easier



Spring or Fall

Your plowing need not be delayed because of cold weather if you use the proper lubricant on your tractor. Talk over your lubrication requirements with our agents and salesmen. They know the right oil for your machine.

For Steam Tractors—

CAPITOL STEAM CYLINDER OIL

For Gasoline Tractors—

**POLARINE OIL
STANDARD GAS ENGINE OIL**

For Kerosene Tractors—

**POLARINE OIL HEAVY
IMPERIAL KEROSENE TRACTOR OIL**

All of our tractor oils are sold in steel barrels and steel half-barrels direct from our 500 prairie tank stations. There is one near you.

THE IMPERIAL OIL COMPANY
Limited

BRANCH STATIONS THROUGHOUT CANADA