

INGERSOLL CREAM CHEESE

SPREADS LIKE BUTTER

You can buy twice the quantity of Ingersoll Cream Cheese in blocks for the same money as you would receive in jar cheese, besides there is just as much difference in the quality in favor of Ingersoll Cream Cheese as there is in the price.

Never Becomes Hard. Every Particle Can Be Consumed.

Sold only in 15c and 25c blocks

For Sale By All Grocers

MANUFACTURED BY

INGERSOLL PACKING CO. Limited

INGERSOLL, ONTARIO
CANADA



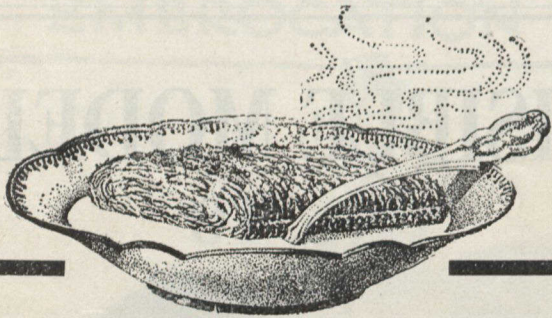
Be sure to look for the Signature

The success of Kellogg's Toasted Corn Flakes has brought many imitations. But you can always tell the genuine by the fac-simile signature "W. K. Kellogg," which appears on the front of the box. This signature is your guide in getting a scientifically prepared breakfast food.



Kellogg's
10¢ Per Pkg.
**TOASTED
CORN FLAKES**

Made in Canada,
at London, Ont.



When the Cook Leaves

don't fret or scold—lay in a good supply of Shredded Wheat—the food that is ready-cooked, ready-to-serve—contains all the nutriment in the whole wheat grain, steam-cooked, shredded and baked to a crisp, golden brown—a food that is good all the way through—tempting in its nutlike flavor—a delight to eat and to serve.

SHREDDED WHEAT BISCUIT

is without doubt the most perfectly balanced, most easily digested food ever given to man. It is not flavored or compounded with anything—not a "patent-medicine" food—not a "pre-digested food"—just plain, simple, wholesome, steam-cooked whole wheat, shredded and baked. It is better than mushy porridges because you have to chew it, thereby getting from it all its rich, body-building nutriment.

Try it for breakfast with milk or cream (hot milk in Winter). Being in biscuit form it is easy to prepare a nourishing meal with it in a few minutes in combination with fresh or stewed fruits. Always heat the biscuit in oven to restore crispness before serving. Two Biscuits with milk or cream and a little fruit make a complete nourishing meal. Your grocer sells it.

TRISCUIT is the Shredded Wheat wafer—a crisp, tasty, nourishing whole wheat Toast, delicious for any meal with butter, cheese or marmalades. Always toast it in the oven before serving.



HOUSEHOLD HINTS

Remove Spots from Clothing

A FORM of repairing—though not under the head of mending, is the removing of spots. Nothing is more objectionable than spots, and it is frequently possible to remove them at home. First determine what the spot is: whether mud, stain, grease, or a water mark which has collected dirt. The latter may usually be removed with warm water with a little good soap in it and then rubbed dry. A piece of cloth of the same character as the garment should be used for this purpose, as a cotton material will usually shed lint. To prevent making a ring around the spot put blotting-paper under the material and rub round and round. To remove a grease spot sprinkle a little French chalk on it, leave for some hours, placing blotting-paper over it and then press with a hot iron. The heat and chalk absorb the grease and the spot appears on the blotting-paper. Then remove the blotting-paper and brush thoroughly with a whisk broom. For mud spots or ink stains use a teaspoonful of oxalic acid and one of cold or lukewarm water, increase the strength if necessary, but as soon as the spot disappears rinse quickly and thoroughly and rub gently, for the acid tends to rot the material. Be careful of your hands, and do not let children touch it. With paint or varnish spots first cover with olive oil or butter, then saturate with chloroform, follow with soapsuds, then rinse and rub dry.

Cleaning Cretonne

NOW that cretonne and chintz are used so universally about the house this cleaning suggestion should be invaluable, as it can be adopted in the home so easily. Take one pound of rice and boil it in a gallon of water until the rice is quite soft. Now strain off about one quart of the milky water in a separate vessel, and add to it a piece of gum arabic about the size of a small egg. This to be set aside and used for starch later on. To the remainder of the water and rice add enough warm water to wash the curtains in. Instead of soap rub the curtains with a handful of the boiled rice, and "souse" the cretonne up and down many times. Rinse in fair water, and finally starch with the water as prepared above. The cretonne or chintz material should be ironed when partly dry (not allowed to dry and then sprinkled), and a medium hot iron should be used. If this method is followed the hangings will be like new.

Touching Up the Home

IT is astonishing how we impose on our patience and strength by neglecting things about the house—creaky hinges, doors that latch and unlatch hard, catches that don't catch, loose handles—annoyances we notice every day, but never think of repairing unless some unusually provoking thing happens in connection with one of these little slipshods.

A good plan is to go over the house periodically and remedy these matters—you will be surprised at the number of them.

For dresser and chiffonier drawers that stick, remove the drawer, turn upside down, and rub the bottom edges with soap. Rub the places where the drawers rest with soap also. If the drawer sticks because it is too close a fit, get some one to shave off a bit of the edge with a plane.

For creaking door hinges apply a little vaseline with a duster. Sewing machine oil will do, too, or even olive oil if there is nothing else handy.

Buy a small bottle of stain and a tin of white enamel and touch up all the spots on the floor or door and window frames that have become marred. Take

out all the unnecessary screws and hooks that mark the places where curtains used to hang.

If the wall paper is torn and the plaster is broken, fill the broken place with plaster of Paris, then cover it with a piece of plain white paper coming just to the edges of the torn wall paper. With the children's water colors paint the plain paper, following the design of the wall paper, and the place will never be noticed. Of course, this is unnecessary if there are any left-over pieces of wall paper at hand.

Replace all lost knobs and correct faulty catches on wardrobe and cupboard doors in particular. Doors which will not shut should be planed off at top or bottom.

Gas fixtures may be made as bright and shining as new with metal paint.

Window blinds that are worn and dirty may be unrolled, taken from the roller, turned end for end and tacked on again, and a new hem sewed in the lower end with the sewing machine.

"Nevers" to Prevent Fire

NEVER have stovepipes go through a wooden partition or through the roof without proper protection.

Never put up gas brackets so they can be swung against the wooden window casings or against or immediately under curtains.

Never put ashes in a wooden receptacle in or about your premises.

Never keep matches in any but earthen safes, and when you light one, never throw it, after it is supposedly extinguished, on the floor or into a waste basket.

Never take an open light to examine a gas meter or into a closet.

H.P.

THE NEW SAUCE

Imported from England

Its delicious flavor is obtained by blending together the choicest Oriental fruits and spices.

It is used on the dining tables of both the British and Canadian Houses of Parliament, and has rapidly become England's most popular sauce.

Grocers over here are already selling it—
buy a bottle right away.