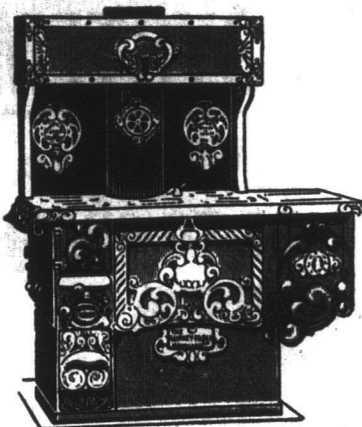




**CHINESE** chicken dishes and chop-suey tickle the palate when seasoned with **LEA & PERRINS' SAUCE**. No table relish has ever been produced to equal it. All Grocers great and small can supply you.

**BEWARE OF IMITATIONS!**  
**J. M. Douglas & Co., Montreal,**  
Canadian Agents.

## THE "SUPREME SOUVENIR" RANGE



The latest of a long line of polished steel ranges which the Gurney, Tilden Co. have been producing for more than a quarter of a century.

'Better every year' has been the motto of the "Souvenir" Range makers and in the "Supreme Souvenir" they

have reached the highest model in construction, convenience and beauty of design.

There is no delay, no disappointment in baking or cooking with the range.

Each "Supreme Souvenir" Range is equipped with the "Aerated" oven, which really means the well aired oven, It's **Fresh Air** which is being heated all the time and all impurities in the oven are carried up the chimney.

**The Gurney, Tilden Co., Limited**

Hamilton. Toronto. Winnipeg. Vancouver.

### Men Wanted.

Reliable men in every locality throughout Canada to advertise our goods, tack up show cards on trees, fences, along roads and all conspicuous places; also distributing small advertising material; salary \$800 per year, or \$75 per month and expenses, \$5 per day. Steady employment to size. Good, reliable men. No experience necessary. Write for particulars.

EMPIRE MEDICINE CO., LONDON, ONT.

### FARM WANTED

We wish to secure immediately two good farms in the choice agricultural section, soil must be good and title perfect, will pay cash for the right place if it places; also distributing small advertising material; salary \$800 per year, or \$75 per month and expenses, \$5 per day. Steady employment to size. Good, reliable men. No experience necessary. Write for particulars.

Address: **NORTH AMERICAN LAND CO.,**  
LOCK DRAWER 981 MINNEAPOLIS, MINN.

## HINTS FOR THE HOUSEWIFE.

### What we Pay to Eat.

Although the price of nearly all kinds of food has risen within a few years, says an Exchange, it is practically impossible to ascertain the exact increased cost of living. The Bureau of Labor Statistics at Washington has been trying to do this. For the purpose of its study of the diet of working people, it inquired into the habits of 13,000 persons who live in cities in 33 states. From this study was constructed an "average" family, consisting of 5.31 persons. The family income is \$827.19 a year, of which \$326.90 is spent for food. This is an average of a little less than \$6.30 a week, or ninety cents a day for the whole family—about seventeen cents a day per person. The yearly bill of fare runs thus:—

Articles	Cost
Fresh beef, 349 lbs . . . . .	\$50.05
Salt beef, 52 lbs . . . . .	5.26
Fresh pork, 114 lbs . . . . .	14.02
Salt pork, 110 lbs . . . . .	13.89
Other meat . . . . .	9.78
Poultry, 67 lb . . . . .	9.49
Fish, 80 lbs . . . . .	8.01
Butter, 117 lbs . . . . .	28.76
Milk, 354 qts. . . . .	21.32
Eggs, 85 doz. . . . .	16.79
Flour, meal, 680 lbs . . . . .	16.76
Bread, 253 loaves . . . . .	12.44
Sugar, 268 lbs . . . . .	15.76
Potatoes, 15 bush. . . . .	12.93
Other vegetables . . . . .	18.85
Coffee, 47 lbs . . . . .	10.74
Tea . . . . .	5.30
Rice, 26 lbs . . . . .	2.05
Cheese, 16 lbs . . . . .	2.62
Lard, 84 lbs . . . . .	9.35
Molasses, 4 galls. . . . .	1.69
Fruit . . . . .	15.62
Vinegar, pickles, etc. . . . .	4.12
Other foods . . . . .	2.40

### Things Worth Remembering About Vegetables.

It is believed by vegetarians that a purely vegetable diet makes people amiable, good-natured, generous, developing the finer characteristics of the user, and that excessive meat eaters become the opposite—quarrelsome, selfish, etc.

Whether this be true or not, we know that fresh vegetables are appreciated in the early spring and are an essential change from the heavy winter viands and should form the greater part of our daily menus.

Almost every vegetable has its particular use in the human system and Dame Nature provides sufficient variety to keep us in fine, bodily condition, if we will live in accordance with her laws, and not abuse her gifts.

Tomatoes act directly on the liver. Onions, garlic, leeks, shallots, chives, etc., stimulate the circulation, increase the saliva and gastric juices, and promote digestion.

Peas, beans and lentils, called also legumes, are among the most nutritious of vegetables, containing as much carbon as wheat, and more muscle forming food.

Lettuce and celery both have a good effect upon the nerves; the former is soothing; the latter, a tonic.

The free use of pieplant or rhubarb is considered a "spring tonic" and will prevent the use of medicine which is often apparently necessary to tone up the system. Being such a common and inexpensive plant, it is really not appreciated by the majority of housewives. When so fortunate as to have it growing in the garden, it is generally used in small amounts for pies early in the season and the remainder allowed to go to waste, when it might be utilized in a variety of appetizing dishes all the year around, as it can be preserved for winter use equally as well as the more expensive fruit.

Tobacco is a native of Virginia.

The nuttle is a native of Europe.

### Poison Bottles.

In order to avoid those tragedies which have occurred, by taking medicine from the wrong bottle in the night it is a safeguard to buy regular poison bottles which can be had at any drug store for fifteen or twenty cents.

They are dark blue so one readily knows in the day time, and there is a sure way of knowing at night. The cork is attached in some way to the inside of the bottle so that it will not come out without touching a spring, so one can not get at the mixture the bottle contains without striking a light, when the contents are then obvious.

### For Flowers.

Have you ever known the time when you had exactly the sort of vase for holding flowers, that you wanted? In the endless variety of cut-flower that are used nowadays to beautify the most modest household, a great many different shaped vases are needed. One woman, who like most of us, has been left, perhaps, with a dozen long stemmed roses in one hand and a bunch of pansies in the other, with not a receptacle to put them in to show them properly, determined to devote herself to the problem, until it should be solved. It ended in her giving up a closet shelf, which she filled with vases of all degrees and sizes. In fact she had enough to stock a small sized china shop. There were squat vases, long slender vases, round, low jars, big mouthed ones, and so on. Most of them were of glass, for as she said, nothing suits stemmed flowers quite so well as pure white or clear green crystal. There were one or two splendid blue and brown jars, for the massing of yellow blooms, but mostly the vases were of glass. At any rate the important thing was that there should always be the proper vase to harmonize with the flower.

### Aprons a Feature.

A young housekeeper that I know who only keeps one maid and has to assist with the morning housework, has adopted the picturesque, old fashioned idea of dainty aprons. The aprons for the lighter work, have little tabs coming up on the waist. They reach to the knee and are ruffled all the way around, even the tiny pockets. Muslin strings tied in a smart little bow finish these little affairs.

The effect is most bewitching on the new bride, and I wonder that the young girls of households, when it falls to them to perform certain duties, do not adopt the apron cult.

Probably the first iron railroad bridge was built on the Philadelphia and Reading Railroad at Manayunk by Richard B. Osborne, Chief Engineer, in 1845. It was a double-track through bridge, of 34 feet clear span, of the Howe truss type, with cast-iron chord and web braces, the bottom chord and vertical web members being of wrought iron. This bridge was followed by several others of the same type.

IT IS THE FARMER'S FRIEND.—The farmer will find Dr. Thomas' Electric Oil a potent remedy for wounds or pains in the body, or for affections of the respiratory organs and for household use generally. He will also find it a convenient friend in treating injured horses, cattle, etc., or relieving them when attacked by colds, coughs or any kindred ailments to which they are subject.