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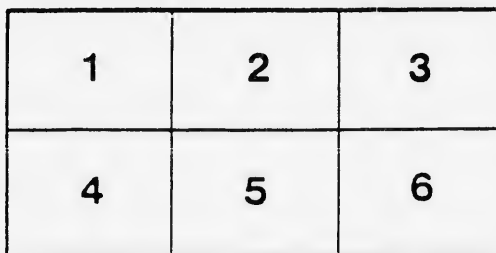
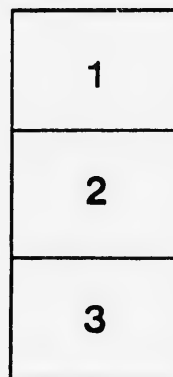
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We import direct in large quantities. Our materials are carefully selected from the world's finest plantations.

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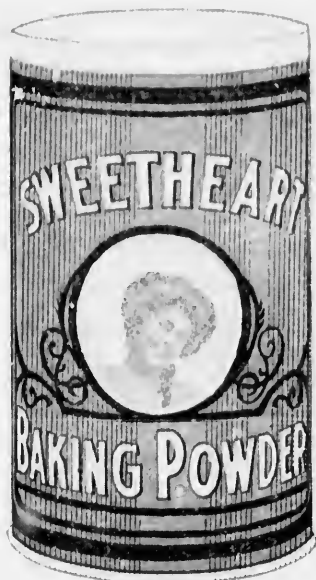
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 —PURE AND WHOLESOME

After eighteen years of careful study and experimenting we have been able to put on the market of Canada a long felt want—A Good, Pure, Sure and Healthful Baking Powder. A most satisfactory article, which we assure you, has been put to a careful test and produces a delightfully white and light biscuit, cake, etc. We are positive of good results if directions are followed out. A few trials will convince you of its superiority.

We highly recommend having oven hot when baking, ready to receive cakes or buns as soon as they are mixed thoroughly.

SWEETHEART BRAND EXTRACTS.

Made from the natural ripe fruit. Our extracts have that flavor, purity and strength which will please you. Use it for flavoring cakes, pastry and candy.

All flavors—Vanilla, lemon, strawberry, raspberry, ratfia, pineapple, orange, cherry, almond, wintergreen, maple, rose, pistachio, ginger, cinnamon, etc.



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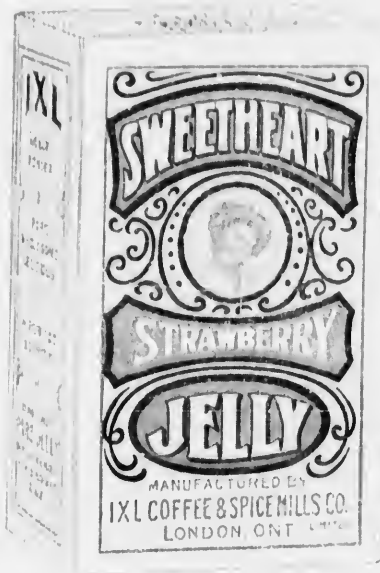


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Easily prepared and digested, nutritious and non-irritating, an excellent food for babies and invalids. Our Manna Tapioca is a delicious and self-satisfying dessert.

Takes but a few minutes to make and is used largely in the summer by campers and picnickers.



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SWEETHEART BRAND JELLY.

Choicest materials, of the best manufacturers, finest fruit flavors, and perfect art in making, ensure our jelly a favorite with all.

Easily prepared, it makes a delicious dessert. Flavors, orange, lemon, vanilla, pineapple, strawberry, raspberry, grapefruit, cherry, red currant, pistachio, etc.

Directions for making.

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ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Directions for Making Attractive Combinations of Sweetheart Jellies—To make attractive combinations of Sweetheart Jellies for afternoon teas, supper parties or banquets, make one jelly, either cherry, raspberry or strawberry, and when properly mixed according to directions already given, pour into a mould, making it $\frac{1}{3}$ or $\frac{1}{2}$ full. Put away in a cold place to set. When it has set, prepare another jelly, either lemon, orange or pineapple, after mixing thoroughly with boiling water as before, allow it to cool until it is less than luke-warm. Then pour into the mould on top of the jelly which has become set and put away the mould again in a cold place to allow the second jelly it contains to set. When turned out of the mould the red jelly will be on top and the light one underneath. This method

makes the two jellies from one mould more noticeable and attractive.

Emergency Biscuit—Two cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder; mix and sift; rub 1 tablespoon butter. Mix to a thick batter with milk, drop by small spoonfuls on greased pans, and bake in quick oven.

Egg Biscuit—Mix and sift well together 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 1 teaspoon baking powder. Beat 1 egg, add $\frac{1}{2}$ cup milk, stir into dry mixture, adding more milk if necessary to mix to soft dough. Turn out on board, knead for a moment, cut into circles, place 1 inch apart on greased pans. Brush with little beaten egg, and bake in very hot oven.

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RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Corn Starch Cake—One cup sugar, 1 cup butter, 1/2 cup milk, 1/2 cup corn starch, 1 cup flour, 1 1/2 tea-poons baking powder. Sift flour and corn starch together 2 or 3 times. Whites of 3 egg beaten stiff. Flavoring. Rose is nice.

White Cake—One cup butter, 2 cups sugar, 1 cup milk, 3 cups flour, 3 tea-poons baking powder, whites of 3 eggs.

Doughnuts—Cream 1/2 cup butter with one cup sugar, 1 cup milk, 2 eggs (wrapped light), 1 tea-pon each of nutmeg, and cinnamon. Enough flour to make a soft dough, about 2 cups. 1 heaping tea-pon baking powder. Do not heat too rapidly at first before frying.

Small Layer Cake—One cup sugar, 1/2 cup butter, 2 cups flour, 1/2 cup of milk, 2 tea-poons baking powder in 2 cups flour.

Sandwich Biscuit—Sift together 1 pint flour, 3/4 tea-pon salt, 1 tea-pon baking powder. Rub in 1 heaping table-pon butter. Mix to a soft dough with milk. Roll out 1/8 inch thick. Cut into rounds. On 1/2 of the rounds spread a little soft butter, add a thick layer of finely chopped and seasoned cold meat; cover with remaining rounds and press together. Brush tops with milk, place 1 inch apart on greased pans, and bake in hot oven.

English Muffins—One quart flour, 1/2 tea-pon sugar, 1 tea-pon salt, 2 large tea-poons baking powder, 1 1/4 pints milk. Sift together flour, sugar, salt and powder, add milk, and mix into smooth but a trifle stiffer than for griddle cakes. Have griddle heated regularly all over, grease it, and lay on muffin-rings; half fill them, and when risen well up to top of ring, turn over gently with cake turner. They should not be too brown—just a buff color. When all cooked, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

Oatmeal Muffins—One cup oatmeal, 1 1/2 pints flour, 1 tea-pon salt, 2 tea-poons baking powder, 1 table-pon lard, 2 eggs, 1 pint milk. Sift together oatmeal, flour, salt, and powder; rub in lard cold, add beaten eggs and milk; mix smoothly into batter rather thinner than cup cake; fill muffin-pans 3/4 full; bake in good hot oven 15 minutes.

Graham Muffins—One quart Graham flour, 1 table-pon brown sugar, 1 tea-pon salt, 2 tea-poons baking powder, 1 egg, 1 pint milk. Sift together Graham flour, sugar, salt and powder; add beaten egg and milk; mix into batter like pound cake; muffin-pans, well greased, 3/4 full; bake in hot oven 15 minutes.

Wedding Cake—Cream till very light, 1 lb. butter. Gradually add 1 lb. of sugar, and beat it well together. Separate the yolks and whites of 12 eggs. (If you can have two assistants at the work, it will be ten matters if one beats the yolks till thick and lemon colored, while the other whips the whites to a froth. It will do no harm if during the same time one continues the steady creaming of the butter and sugar.) To this add the yolks of the eggs, then the whites. Add 1 lb. of flour, saving 1/3 of cup to dredge the fruit. Now put in 2 tea-poons cinnamon, 3/4 tea-pon each nutmeg,

all-pear and mace, 1/2 tea-pon cloves, 1/2 cup of brandy and 2 table-poons lemon juice, 3 lbs. raisins, seeded, and cut in halves, 1 lb. currants, 1 lb. citron cut very fine, 1 lb. finely chopped nuts. Dredge the raisins, figs and currants with flour, and add to the mixture. Butter and flour a large round pan. Put in a layer of the mixture. Dredge the citron with flour, and lay carefully over the batter. Cover with remainder of mixture.

White Wedding Cake—One cup butter, 2 cups sugar, 1 cup milk, 3 cups flour, 2 tea-pon baking powder, whites of 8 eggs, 1 lb. citron (seed thin, 1 lb. almonds, blanched and chopped fine, 1 medium sized fresh coconut grated, 1 wine-glass white wine. Cream butter and eggs thoroughly together. Add the milk, and baking powder and flour sifted together three times. Stir well together. Add the fruits and nuts, stirring only enough to mix. Last of all add the whites of eggs beaten stiff and the wine. Fold in light, and bake in a moderate oven. When cold, ice heavily with an icing made of confectioners' sugar and white of egg.

Marble Cake (Light)—One cup white sugar, 1/2 cup butter, 1/2 cup milk, 2 cups flour with 2 tea-poons baking powder. Whites of 3 eggs.

Household Bread—Sift twice together 1 quart of flour, 1 tea-pon salt, 2 heaping tea-poons baking powder. Make a well in the center; add gradually sufficient cold liquid—water, milk or equal quantities of each—to mix to a stiff batter or soft dough; this will require about 1 pint of liquid. Turn at once into a greased loaf-pan, smooth the top with a knife dipped in melted butter, and bake immediately in a moderate oven about 1 hour. When done take from the pan, moisten with the hand dipped in cold water, wrap in bread-cloth till cold.

Graham Unfermented Bread—1 1/2 pints Graham flour, 1/2 pint flour, 1 table-pon sugar, 1 tea-pon salt, 2 tea-poons baking powder, 1 1/4 pints milk, or equal parts milk and water. Sift together Graham flour, flour, sugar, salt, and powder, add the milk, or milk and water; mix rapidly into soft dough, which put into greased tin. Bake in rather hot oven about 40 minutes. Protect loaf with paper first 15 minutes.

Boston Brown Bread—One cup corn meal, 2 heaping cups rye meal, 1 tea-pon salt, 1/2 tea-pon soda, 1 tea-pon baking powder, 1 cup molasses. Mix dry ingredients; add molasses and 1 pint warm water; beat smooth. Pour at once into greased mold with cover, steam or boil 3 hours. Uncover, set in oven 10 minutes.

Boston Brown Bread, 2—Two cups yellow Indian corn meal, 1 cup rye meal, 1 cup flour, 2 cups milk, 1 cup molasses, 1/2 tea-pon salt, 3 tea-poons baking powder. Mix well together pour into greased brown-bread mold, steam 4 hours. Dry off 10 minutes in moderate oven.

Oatmeal Bread—Half pint oatmeal, 1 1/2 pints flour, 1/2 tea-pon of salt, 3 tea-poons baking powder, 3/4 pint of milk. Boil oatmeal in 1 1/2 pints salted water 1 hour; add milk; set aside until cold. Then

RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

place in bowl, sift together flour, salt, and powder, and add. Mix smoothly and deftly. Bake in greased tin about 45 minutes, protected with paper 20 minutes.

Potato Muffins—Boil and mash 3 potatoes; add 1 teaspoon salt, 1 teaspoon butter; beat well. Add 2 beaten eggs, $\frac{1}{2}$ cup milk, flour to make a drop batter; and 1 teaspoon baking powder. Bake on hot greased griddle in greased ring.

Graham Rolls—One pint Graham flour, 1 pint wheat flour, 1 teaspoon salt, 2 teaspoon baking powder, 1 tablespoon butter or lard, $\frac{1}{4}$ pint milk. Sift together Graham flour, flour, salt, and powder; rub in the shortening; add milk, and mix the whole into smooth dough that can be handled—not too soft; flour board, turn it out, and form into rolls shape and size of large fingers. Lay them on baking-sheet so that they will not touch. Wash their surface with soft brush dipped in milk to glaze them. Bake in hot oven from 10 to 12 minutes.

Breakfast Rolls— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ pint Indian corn meal (white), 1 teaspoon salt, 2 teaspoons baking powder, 1 tablespoon butter or lard, $\frac{3}{4}$ pint milk. Sift together flour, corn meal, salt, and powder; rub in shortening; add the milk, mix smoothly into rather firmer dough than usual. Flour the board, turn out the dough, give it 1 or 2 turns to complete its smoothness. Divide it, thus prepared, into pieces size of an egg; again divide these in half, which roll out under the hand until they are long and half the size of one's little finger. Lay on greased baking tin so that they do not touch, wash them over with milk. Bake in hot oven 7 or 8 minutes.

Graham Lunch Bread— $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons baking powder, $\frac{3}{4}$ pint milk. Sift together Graham flour, flour, sugar, salt and powder; add the milk; mix into smooth dough that can be easily handled. Flour the board, turn out dough; give it a quick, vigorous additional kneading to complete its smoothness; then divide into four large pieces, which form into long loaves, lay them just touching in a square shallow cake pan, wash them over with milk. Bake in rather hot oven 30 minutes. When removing from oven rub them over with a little butter on a clean piece of linen.

Brown Bread—Mix well together 1 quart Graham flour, 1 pint Indian corn meal, 2 scant teaspoons salt, 2 scant teaspoons baking powder. Dissolve 1 scant teaspoon soda in 1 teaspoon boiling water; mix with 1 cup molasses. To the dry ingredients add 1 quart cold water, then the molasses. Beat 1 minute, pour into 2 well-greased molds, steam or boil 4 hours. Dry off on pan in moderate oven 10 minutes.

Lunch Rolls—One quart flour, 1 teaspoon salt, 2 teaspoons baking powder, 1 tablespoon butter or lard, 1 pint milk. Sift together flour, salt, and powder, rub in the shortening, add milk, mix to a smooth dough to be easily handled. Flour the board, turn out dough, give 1 or 2 quick kneadings to give it smoothness. Roll out little over $\frac{1}{2}$ inch thick, cut out with

round cutter about $2\frac{1}{2}$ inches in diameter; lay them on greased baking tin, just touching (in rows evenly), wash over with milk, bake in fairly hot oven 25 minutes. Wash them over again with milk when taken from oven.

Twist Rolls—Prepare dough as for lunch rolls. Cut in pieces size of egg. Roll each with hands into plain roll tapering at ends and 5 inches long. Lay 3 together; begin in middle and braid to end; turn over and braid opposite end. Mold and twist all the pieces of dough in the same way. Lay well apart on flat greased pans. Brush with milk, bake golden brown in very hot oven.

Nut Biscuit—Sift together 2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon baking powder. Rub in 1 heaping tablespoon butter, add 1 cup ground or very finely chopped nuts—English walnuts, hickory nuts, or almonds—and 2 tablespoons sugar; mix to a soft dough with milk. Mold with the hands into small balls, place well apart on greased pans, brush each with milk, put a pinch of chopped nuts on top, and bake in hot oven.

Gingerbread—Cream $\frac{1}{2}$ cup butter and lard mixed, with 1 cup sugar, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda dissolved in a little boiling water, 2 teaspoons each of cinnamon and ginger, 1 teaspoon each of cloves and nutmeg; 3 cups flour. Not too hot an oven.

Sweet Muffins—One cup sugar, 1 egg, 1 tablespoon melted butter, 1 pint sweet milk, 3 cups flour, 2 teaspoons baking powder, 1 teaspoon salt. Mix and sift dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin pans.

Eagle Cake—One cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup sour milk, 1 egg, 1 teaspoon each of soda and cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, 1 cup raisins, 2 cups flour.

Gingerbread—Three cups molasses, 1 cup cream or milk, 1 cup lard or butter melted, 2 eggs, 1 teaspoon soda, 2 teaspoons ginger, 6 cups flour. Bake in a slow oven.

Egg Muffins—One quart flour, 1 tablespoon sugar, 1 teaspoon salt, 1 large tablespoon butter, 2 teaspoons baking powder, 3 eggs, $1\frac{1}{4}$ pints milk. Sift together flour, sugar, salt, and powder; rub in the butter, add the beaten eggs and milk; mix quickly into a smooth batter, a little firmer than for griddle cakes; $\frac{2}{3}$ fill cold, carefully greased muffin pans; bake in hot oven 15 minutes.

Pound Cake (Susie's)—One lb. butter, 1 lb. sugar, 1 lb. flour, 10 eggs, beaten separately, $\frac{1}{2}$ lb. figs or raisins or almonds. Bake $1\frac{1}{4}$ hours or so.

Hot Cross Buns—Sift together 1 quart flour, $\frac{1}{2}$ teaspoon salt, 1 cup sugar, 3 scant teaspoons baking powder. Rub in $\frac{1}{2}$ cup butter, then add $\frac{1}{2}$ pound cleaned currants, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ pound cut citron, $\frac{1}{4}$ pound seeded raisins, $\frac{1}{2}$ teaspoon allspice. Beat 2 eggs, add $\frac{1}{2}$ cup milk, and stir into the dry mixture, adding enough more milk to mix to a firm dough. Mold into round buns, lay 2 inches apart on greased pans, brush with milk. Cut cross on each, sprinkle out with granulated sugar. Bake in hot oven.



SWEETHEART BRAND NUTMEGS are selected from the finest growths. Put in packages 6 each.

Our grated nutmegs are absolutely pure. Put in dredge tins ready for use. Very convenient for cooks.



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SWEETHEART BRAND CREAM TARTAR is guaranteed to be the finest French crystals, absolutely pure, made from grapes. A recipe will be found on each package, instructing how to use our Sweetheart Brand Cream Tartar. This is a very good method where customers like pure cream tartar baking powder. If bought in this way it will be found much cheaper than buying other brands of cream tartar baking powder.



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SWEETHEART BRAND SUNDRY LINES.

Cinnamon is the bark of the cinnamon tree. The finest quality is taken from the inside bark of the tree, which possesses it of a very fine flavor. This bark, milled by the finest machinery, is a vast improvement over the old way, as it does not evaporate the oil and in this way, the aromatic odor is retained.



Pastry Spice is made from a selection of sweet spices, used chiefly for fruit cakes, wedding cakes, etc. This can be found to be of very fine quality, and noted for its fragraney.



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SWEETHEART BRAND HERBS.

We are importers and manufacturers of leaf sage, savory, thyme, marjoram. Our poultry dressing is a selection of all kinds of herbs, blended together, which makes a splendid dressing for poultry, or meats of any kind.



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RECIPES—Continued.

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Butter Cakes—Mix 1 quart flour, 1 teaspoon salt, 2 teaspoons baking powder. Rub in 3 tablespoons butter. Mix to a soft dough with milk, roll out $\frac{3}{4}$ inch thick, cut in round cakes. Lay on a moderately hot greased griddle, and when pale brown, turn and brown on other side. Tear open, butter liberally, and send to table.

Scotch Scones—One quart flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder, 1 large tablespoon lard, 2 eggs, nearly 1 pint milk. Sift together flour, sugar, salt and powder; rub in lard cold; add beaten eggs and milk; mix into dough smooth and just consistent enough to handle. Flour the board, turn out dough, give it one or two quick kneadings to complete its smoothness, roll it out with rolling pin to $\frac{3}{4}$ inch in thickness, cut with sharp knife into squares larger than soda crackers, fold each in half to form three-cornered pieces. Bake on hot griddle 8 or 10 minutes; brown on both sides.

Layer Cake (Susie's)—Half cup butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, 3 teaspoons baking powder.

Cake Made in a Hurry—Two cups flour, 1 egg, 1 cup white sugar, 1 cup milk or water, 2 teaspoons cream tartar, 1 teaspoon soda, 2 tablespoons melted butter. Put all in a bowl together and beat until light.

Ginger Cookies—One cup each sugar, molasses and butter, (or lard), 1 teaspoon ginger, 1 egg, 1 teaspoon soda, $\frac{1}{2}$ cup warm water, salt, $5\frac{1}{2}$ cups flour. Roll soft as possible.

Ginger Snaps—One cup sugar, 1 cup molasses, 1 cup butter or lard, 1 teaspoon ginger, 1 egg, 1 teaspoon soda, $\frac{1}{2}$ cup warm water, salt, $5\frac{1}{2}$ cups flour. Roll out as soft as possible.

Hermits (Cookies)— $1\frac{1}{2}$ cups sugar, 1 cup butter, 3 eggs, 1 large cup raisins stoned and chopped, 1 teaspoon allspice, cinnamon and nutmeg, 2 teaspoons baking powder. Flour to roll out.

Diamonds—Prepare dough as for biscuit. Knead and roll out $\frac{1}{2}$ inch thick. Cut in strips 2 inches wide, then cut strips into diamonds, place on greased pans 1 inch apart, brush with milk, and bake in very hot oven.

Chocolate Cake—One cup grated chocolate, $\frac{1}{2}$ cup sweet milk, $\frac{3}{4}$ cup brown sugar, yolk of 1 egg, 1 teaspoon vanilla. Cook slowly like a cream, cool, then add the following: $\frac{1}{2}$ cup butter, 1 cup brown sugar, 2 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, in which sift 1 teaspoon soda. Bake in a slow oven.

Walnut Cake—Half cup butter creamed, $1\frac{1}{2}$ cups sugar added gradually, $\frac{3}{4}$ cup milk, 2 cups flour, 1 teaspoon baking powder, 1 cup walnuts chopped fine, whites of 4 eggs beaten stiff. Bake one hour in a moderate oven.

Chocolate Cake—One cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 1 section chocolate, 1 large cup flour.

One Egg Muffin— $1\frac{3}{4}$ cups flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons sugar. Beat a small egg thoroughly. Add it gradually with $\frac{3}{4}$ cup of milk, to the dry ingredients, and beat hard. At the last moment

add $1\frac{1}{2}$ tablespoons melted butter. Drop the batter into hot buttered iron gem pans, and bake in a hot oven over 25 minutes.

Tea Cake—Half cup butter, 3 cups flour, 3 eggs, 1 cup currants, $\frac{1}{2}$ cup sugar, 3 teaspoons baking powder, $\frac{3}{4}$ cup milk. Bake in a loaf pan. Split and butter. (Cut into squares).

Cream Cake—One cup sugar, 3 dessertspoons melted butter, 3 eggs beaten light, 4 dessertspoons boiling water (last), 1 cup flour sifted twice, 2 teaspoons baking powder.

Filling—One pint milk, 1 egg, piece of butter, 1 dessertspoon cornstarch, 1 teaspoon vanilla, $1\frac{1}{2}$ teaspoons sugar.

Rock Cookies—Four cups flour measured and sifted, 2 teaspoons baking powder, pinch of salt, $\frac{3}{4}$ cup lard and butter mixed, 1 cup granulated sugar, $\frac{1}{2}$ cup currants, milk enough to wet. Drop in dabs on buttered pans.

German Puffs—One pint flour, 2 tablespoons sugar, $1\frac{1}{2}$ teaspoons baking powder, 3 tablespoons butter, 4 eggs, 1 cup cream. Cream butter and sugar; add beaten eggs, then, alternately, the cream and dry ingredients sifted together. Bake in well-greased cups in hot oven.

Bannocks—Scald 2 cups Indian corn meal with just enough boiling water to moisten. Cover, let stand 30 minutes; add 4 beaten eggs, 2 cups milk, 1 teaspoon salt, 2 tablespoons melted butter, 1 cup flour, 1 teaspoon baking powder. Bake in greased shallow pans in hot oven.

London Crumpets— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 2 teaspoons baking powder, 1 egg, nearly a pint milk and cream in equal parts, 1 teaspoon extract cinnamon. Sift together flour, salt, sugar and powder; add beaten egg, milk, cream and extract; mix into rather firm batter; half fill large greased muffin-rings on hot, well-greased griddle. Bake on one side of them only. Serve hot with cottage cheese.

Rusks— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 2 teaspoons baking powder, 2 tablespoons butter, 3 eggs, 1 teaspoon each extract nutmeg and cinnamon, $\frac{3}{4}$ pint milk. Sift together flour, salt, sugar and powder; rub in butter; add milk, beaten eggs and extracts. Mix into dough soft enough to handle; flour the board, turn out dough, give it quick turn or two to complete its smoothness. Roll under the hands into round balls size of a small egg; lay them on greased shallow cake-pan, put very close together, sprinkle a little sugar over, bake in moderately heated oven about 30 minutes.

Drop Cakes—One pint flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon baking powder sifted together. Rub in $\frac{1}{2}$ tablespoon lard. Mix with milk to a thick batter. Drop by spoonfuls on greased pans, and bake in a very hot oven.

Imperial Cake— $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 egg yolks, $2\frac{1}{2}$ cups flour, 3 teaspoons baking powder, $\frac{1}{4}$ cup milk, 2 cups seeded raisins, $1\frac{1}{2}$ cups currants, 1 cup citron, $\frac{1}{2}$ cup candied orange peel, $\frac{1}{4}$ cup brandy, 3 egg whites, $\frac{1}{2}$ teaspoon salt. Mix as batter cake,

RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

adding fruit last, bake in buttered and papered tins for one hour in moderate oven.

Dark Fruit Cake—Two cups butter, 2 cups sugar, 12 eggs, 4 cups flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 1 pound currants, 1 pound sliced citrons, 3 pounds seeded raisins, 1 pound chopped figs, $\frac{1}{2}$ cup any kind of wine, 2 tablespoons strained lemon juice, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon each cloves and mace, $\frac{1}{4}$ teaspoon each allspice and nutmeg. Sift together flour, salt, baking powder and spices. Dredge fruit thoroughly. Cream butter and sugar, add beaten yolks and lemon juice. Alternate flour and wine, add whipped whites and beat for 10 minutes. Stir in prepared fruit. Line loaf-pans with 4 thicknesses paper; pour in batter. Bake in slow oven from 3 to 5 hours, covering pans with paper until $\frac{2}{3}$ baked.

Bride's Cake—One scant cup butter, 3 cups sugar, 1 cup milk, whites 12 eggs, 3 teaspoons baking powder, 1 cup cornstarch, 3 cups flour, $\frac{1}{2}$ teaspoon salt. Cream butter and sugar. Mix flour, baking powder and cornstarch, and add alternately with milk and whipped whites. Flavor with vanilla or almond extract and bake in loaf-tin lined with 4 thicknesses of paper; have oven moderate.

Banana Cake—Half cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 scant cups flour, $1\frac{1}{2}$ teaspoons baking powder, whites 4 eggs, $\frac{1}{2}$ teaspoon vanilla. Mix flour and baking powder. Cream butter and sugar, add milk and flour alternately, then vanilla and beaten whites. Bake in 3 layer-tins in hot oven. To receipt for boiled icing (see Cake Fillings) add $\frac{1}{2}$ cup mashed banana and use as filling. Dust top with powdered sugar.

Chocolate Cream Cake— $1\frac{1}{2}$ pounds each butter, sugar and flour, 14 eggs. Beat the yolks separate with sugar and butter. Beat the whites separately, and add to above. To $\frac{1}{4}$ of the dough mix $\frac{1}{4}$ pound chocolate, and bake of each part (the dark and light) 6 cakes. For filling take $\frac{3}{4}$ pint cream, yolks 8 eggs. Sugar to taste; flavor with extract vanilla, put on fire and stir until it thickens, then put between the cakes.

Date Cake—Cream together 1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup warm water, $1\frac{1}{2}$ cups flour, with 1 teaspoon soda in flour, 1 lb. chopped dates, $\frac{1}{2}$ cup English walnuts chopped, 1 teaspoon vanilla.

Apple Jelly Cake—One cup butter, 2 cups sugar, 4 eggs, 3 cups flour, $1\frac{1}{2}$ teaspoons baking powder, 1 cup milk, 6 apples, 6 ounces sugar, 1 teaspoon butter. Rub together butter and sugar to fine, light, white cream, add eggs 2 at a time, beating 10 minutes after each addition. Sift flour and baking powder together, add to butter, etc., with milk, and mix into rather thin batter. Bake in jelly-cake tins carefully greased. Meanwhile have apples peeled and sliced, put on fire with sugar; when tender remove, rub through fine sieve, and add butter. When cold use to spread between layers. Cover cake plentifully with sugar sifted over top.

Nut Cake—Half cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs $2\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ cup milk, 1 cup of any meats of

nuts preferred or at hand. Rub the butter and sugar to a light, white cream; add the eggs, beaten a little, then the flour, sifted with the powder; mix with the milk and nuts into a rather firm batter, and bake in a paper-lined tin, in a steady oven, 35 minutes.

Lunch Cake (Boston)—Two cups butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 1 teaspoon baking powder, 6 eggs, 1 gill wine, 1 teaspoon each extract rose, cinnamon, and nutmeg. Rub the butter and sugar to a very light cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour sifted with the powder, wine, extracts; mix into a smooth batter, put into a thickly papered shallow cake-pan, and bake in moderate oven $1\frac{1}{4}$ hours. When cold, ice the bottom and sides with white icing.

Light Fruit Cake—Half cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 cups flour, $1\frac{1}{2}$ teaspoons baking powder, whites 4 eggs, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup sliced citron, $\frac{1}{3}$ cup chopped blanched almonds, $\frac{1}{4}$ teaspoon salt. Mix flour, baking powder, and salt. Dredge fruit with flour. Cream butter and sugar; add beaten whites, and beat hard; add flour and milk and beat again; stir in the prepared fruit. Line a loaf-pan with 3 thicknesses of paper, and bake cake $1\frac{1}{2}$ hours in moderate oven, covering with paper for first hour.

Spice Cake—One cup butter, 1 cup brown sugar, 1 pint flour, 2 teaspoons baking powder, 1 teaspoon each of caraway and coriander seeds, 1 teaspoon each extract nutmeg, cinnamon and ginger, 1 cup milk, sift flour, sugar and baking powder together, rub in butter, add milk, seeds and extracts. Mix smooth into a batter, bake in patty tins for ten or twelve minutes.

Peach Cake—One cup pulverized sugar, $\frac{1}{4}$ cup butter, stirred together until like thick cream, 2 teaspoons baking powder, $\frac{1}{2}$ cup sweet milk; beat the whites of 3 eggs, and add to a cup of flour, mixed with the baking powder; stir and add $\frac{1}{2}$ teaspoon cornstarch. Flavor strongly with extract peach. Bake in 2 square sponge-tins in moderately quick oven, and when done sandwich with finely grated cocoanut and pink sugar. Frost with clear icing, and sprinkle this with pulverized pink sugar.

FILLINGS AND ICINGS FOR CAKE.

Cream Filling—Two cups sugar, 3 cups milk, 3 heaping tablespoons cornstarch, yolks 5 eggs, 1 tablespoon butter, 2 teaspoons extract vanilla. Scald milk in double boiler, add cornstarch dissolved in little cold milk, stir till smooth. Add sugar, cook 10 minutes. Add egg yolks, cook 4 minutes, taste off and add vanilla.

Bakers' Soft Icing—Boil 2 cups granulated sugar with 1 cup water without stirring till it ropes when dropped from fork. Take quickly from fire, let stand untouched till blood-warm. Beat till thick as soft dough, take in hands and knead till soft, smooth and creamy. Pack in covered glass and keep in cold place. To use put some in bowl, set in hot water, stir constantly till soft enough to spread. Flavor and use. Will keep indefinitely.

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 Chocolate, Unsweetened
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CHOCOLATE CREAM COFFEE IS GOOD COFFEE.—Being a very fine blend of all pure coffees, from the finest growths, this coffee has a particularly appetizing flavor, and is a favorite with all.

SWEETHEART BRAND COFFEE.

Our coffee is the Queen of Blends. Roasted by our special process, it has a delicious flavor and aroma which ensures it an appetizing beverage.

The coffee bean is selected from the choicest growths of the world's finest coffee fields and our own famous blend.

Excellent for breakfast, afternoon lunch and evening socials, etc.



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BORAX—Sweetheart Brand Borax is absolutely pure, and is highly recommended for baths, softening water, washing white clothes, scouring sinks, oilcloths, woodwork, etc.

Simple Rule for Making Coffee—To one part coffee add seven parts water. First place the necessary coffee in the pot, then add the water at the boiling point. Boil the coffee and water together for five full minutes, not longer. Now pour into the pot a large teaspoonful of cold water; this will force the grounds to the bottom and render the liquid perfectly clear. Serve immediately with good cream, if possible.

The above rule applies to the ordinary coffee-pot (which should be porcelain or granite lined) without filtering attachment of any kind. If you prefer a patent pot, follow the rule accompanying it.

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RECIPES—Continued.

Cream Filling—One cup thick cream whipped to a solid froth, $\frac{1}{2}$ cup powdered sugar, 1 teaspoon extract vanilla. Mix lightly together and use at once.

Chocolate Filling—Five tablespoons grated chocolate, cream to moisten, 1 cup sugar, 1 egg, 1 teaspoon extract vanilla. Beat egg, add chocolate and sugar, cook over fire till thick, add flavoring.

Lemon Filling—Grated rind 2 lemons, their strained juice, 2 cups sugar, whites 2 eggs, 1 cup boiling water, 2 tablespoons flour mixed with cold water, 1 tablespoon melted butter. Cook together in double boiler, adding beaten whites last.

Fruit Filling—Four tablespoons finely chopped citron, same of chopped seeded raisins, $\frac{1}{2}$ cup chopped blanched almonds, $\frac{1}{2}$ pound chopped figs, whipped whites 3 eggs, $\frac{1}{2}$ cup sugar. Whip whites with sugar, add fruits and beat well.



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SWEETHEART BUCKWHEAT FLOUR.

Through our new milling process, our Buckwheat Flour excels any other on the Canadian market. Made from the finest Canadian buckwheat.

English Pancakes—One pint milk, 2 eggs, 1 tablespoon sugar, 1 cup flour, 1 teaspoon baking powder, 1 cup cream, pinch salt. Sift flour, salt and powder together; add to it eggs beaten with sugar and diluted with milk and cream; mix into thin batter. Have small round frying-pan; melt little butter in it; pour about $\frac{1}{2}$ cup batter in it, turn pan round, that batter may cover the pan, put on hot fire; turn it and brown other side. Butter each and roll it up; sprinkle with powdered sugar.

Pancakes—One pint flour, 6 eggs, 1 salt-
 spoon salt, 1 teaspoon baking powder, and milk to make a thin batter. Add the baking powder to the flour, beat the whites and yolks of eggs separately; add the yolks, salt, 2 cups milk, then the whites and the flour alternately with milk, until the batter is of right consistency. Run 1 teaspoon lard over the bottom of a hot frying-pan, pour in a large handful of batter, and fry quickly. Roll pancake up like a sheet of paper, lay upon a hot dish, put in more lard, and fry another pancake. Keep hot over boiling water. Send $\frac{1}{2}$ dozen to table at a time. Serve with sauce, jelly, or preserves.



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PANCAKE FLOUR

Our Pancake Flour is made from corn, wheat and rice, which makes a pleasing flavored pancake, served with hot syrup, sugar and melted butter.

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RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Cocoanut Filling—To cream filling, add 2 cups freshly grated cocoanut, and 2 teaspoons extract vanilla.

Almond Icing—Whites 3 eggs, 1 lb. Jordan (sweet) almonds, 3 cups sugar, 10 drops extract rose. Pound to fine paste almonds, with a little sugar; then add whites of eggs, rest of sugar, and extract; pound few minutes to thoroughly mix. Take up in bowl and use as directed.

Prune and Nut Filling—Soak $\frac{1}{2}$ lb. large prunes over night. Steam until plump and soft. Remove pits. When cold add $\frac{1}{2}$ cup chopped blanched almonds and stir into this whites 3 eggs, beaten stiff, with $\frac{1}{2}$ cup powdered sugar.

Marshmallow Frosting—Heat 2 tablespoons milk and 6 tablespoons sugar over fire, boil 6 minutes without stirring. In double boiler heat $\frac{1}{4}$ lb. cut marshmallows. When very soft add 2 tablespoons boiling water, cook till smooth. Beat in hot sugar; keep beating till partly cool, add $\frac{1}{2}$ teaspoon extract vanilla. Use at once.

CANDIES.

Taffy—One pint brown sugar, 1 cup boiling water, 1 tablespoon vinegar, 1 oz. of butter, flavoring. Boil 20 minutes, or until it will harden in water, then pour on buttered plates to cool.

Peppermint Drops—One cup sugar (powdered is best), moisten with boiling water and boil 5 minutes. Take from the fire and add cream tartar size of a pea, mix well and add 4 or 5 drops of oil of peppermint. Beat briskly until the fondant whitens, then drop on paper. Measure cream tartar and oil of peppermint while the sugar is boiling. It should not sugar before it is dropped, should it do so, add a little water.

Nut Molasses Candy—When you make this candy use the best molasses and any kind of nuts you may choose. Stir them in after the syrup has thickened and is ready to take from the fire, then pour out in well buttered tin. Make into squares, or work it if you choose. The more you do this the yellower it will be. If you use peanuts see that the red inner skin is removed, or it will give the candy a bitter taste.

Fudge—Cook 3 cups sugar, 1 cup milk, and 1 tablespoon butter. When sugar is melted add 4 or 5 tablespoons cocoa. Stir and boil 15 minutes. Take from fire, add 1 teaspoon vanilla, stir till creamy, pour on buttered plates, cut in squares.

Peanut Brittle—Shell and chop roasted nuts to measure 1 pint. Put 2 lbs. granulated sugar in clean frying pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color and clear add nuts and pour quickly on buttered tin sheet. Roll thin as possible. When cold break up.

Hickory Nut Candy—One cup hickory nuts (meats), 2 cups sugar, $\frac{1}{2}$ cup water. Boil sugar and water, without stirring, until thick enough to spin a thread; flavor with extract

lemon or vanilla. Set off into cold water; stir quickly until white; then stir in nuts, turn into flat tin; when cold cut into small squares.

Chocolate Caramels—Two cups molasses, 1 cup brown sugar, 1 cup cream or milk, $\frac{1}{4}$ lb. chocolate, piece of butter size of an egg. Beat all together; boil until it thickens in water; turn into large flat tins, well buttered. When nearly cold, cut into small squares.

Ice Cream Candy—Three cups sugar, crushed or cut loaf, a little less than $\frac{1}{2}$ cup vinegar, $1\frac{1}{2}$ cups cold water, piece of butter size of a walnut, flavor with extract vanilla. Boil until it hardens, then pull until white.

Candied Popcorn—Put into an iron kettle 1 tablespoon butter, 3 tablespoons water, 1 teacup white pulverized sugar. Boil until ready to candy, then throw in 3 quarts nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

Molasses Candy—Three cups yellow coffee sugar, 1 cup molasses, 1 cup water, $\frac{1}{2}$ teaspoon cream tartar, butter size of a walnut. Follow directions for cream candy.

Velvet Molasses Candy—Put $1\frac{1}{2}$ lbs. sugar, $\frac{1}{2}$ pint molasses, $\frac{1}{2}$ pint water, $\frac{1}{4}$ cup vinegar, in agate kettle. Heat, when boiling add $\frac{1}{2}$ teaspoon cream tartar, boil till it crisps in cold water. Stir, when almost done add $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ teaspoon soda. Cool in buttered pan and pull.

Raisin Filling—One teacup sugar and a little water, boiled together until brittle, when dropped into cold water. Remove from stove, and stir quickly into the well beaten white of 1 egg. Add to this 1 cup of stoned raisins chopped fine, or, dates, figs or nuts.

Banana Filling—Chop 2 bananas with a little pulverized sugar and lemon juice.

Orange Frosting—One lb. frosting sugar, juice of 1 lemon, juice and grated rind of an orange.

Caramel Icing—One cup sugar and $\frac{1}{2}$ cup milk, boiled together until it hairs, add 1 teaspoon butter. Flavor and stir until thick enough to spread on cake.

Pudding Sauce—Half cup sugar, a little flour, teaspoon butter, brown a little of the sugar, then add rest of sugar mixed with the flour, then the butter.

Pudding Sauce—One cup sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ cup wine.

PUDDINGS AND AFTERNOON DESSERTS

Apple Pudding With Rice—Six sour apples, 1 cup cold boiled rice, 1 pint milk, 1 cup sugar, the juice and rind of a lemon, yolks of 4 eggs. Core and chop the apples, add the rice and milk, beat the lumps out, add other ingredients and bake. Beat the whites of the eggs with a little sugar. Spread on top and brown.

RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Snow Pudding—One box gelatine, the juice of 4 lemons, 1 cup sugar, 2 cups boiling water and 1 cup cold water, $\frac{1}{2}$ cup sherry. Let cool and thicken, then beat in whites of 3 eggs. Serve with custard (boiled).

Rice Pudding—Three pints milk, $\frac{3}{4}$ cup rice, 1 cup sugar, butter size of an egg, a little salt. Put all together, and let it boil up quickly. Set it in the oven, cover with a plate, and bake 2 hours.

Rice and Tapioca Pudding—Half cup rice, $\frac{1}{2}$ cup tapioca, $\frac{3}{4}$ cup sugar, 3 pints milk, cinnamon to taste. Soak tapioca in milk 3 hours, wash rice in several waters, soak in another cup of milk as long as you do the tapioca. Sweeten the remaining quart of milk, and put all ingredients together, and bake two hours in a slow oven. Eat cold.

Baked Custards—For each quart milk allow 4 large or 5 small eggs and 3 tablespoons sugar. Warm milk; pour over eggs and sugar beaten together. Fill small earthen cups or pudding-dish. Stand in pan of warm water; add flavoring to suit, and bake in moderate oven till firm in center. For chocolate custards melt chocolate with sugar.

Cream Rice Pudding—One cup rice, 1 cup cold water. Let boil until rice has absorbed water—about 7 minutes, then add 1 quart milk, pinch of salt, some grated lemon rind, and let boil slowly on back of stove for about 30 minutes.

Cornstarch Custard—Scald 1 quart milk. Dissolve 2 level teaspoons cornstarch in little cold milk. Turn quickly into hot milk; stir till thickened, then cover and cook 10 minutes. Beat 2 eggs with 3 tablespoons sugar, add to custard, stir a moment longer, strain. Add flavoring when partly cooled.

Apple Snow—Core, quarter, and steam 3 large, sour apples. Rub through sieve, cool; whip whites 3 eggs to very stiff froth with $\frac{1}{2}$ cup powdered sugar; gradually add apple and whip long time till white and stiff. Pile in dish, garnish with dots currant jelly.

Charlotte Russe—Mix 1 pint rich cream, $\frac{1}{2}$ cup powdered sugar, 1 teaspoon vanilla. Have very cold and whip to stiff froth, turning under cream when it first rises. Line dish with sponge cake or lady-fingers, fill with whipped cream.

Chocolate Blanc-mange—Quart milk, $\frac{1}{2}$ box gelatine soaked in 1 cup water, 4 tablespoons grated chocolate rubbed smooth in a little milk, 3 eggs, extract vanilla to taste. Beat milk until boiling, then add other ingredients; boil 5 minutes. Pour into mold. Serve cold with sugar and cream, or custard.

Apple Tapioca—Pare and quarter six large tart apples, place in a dish and pour over one cup of sugar, a little salt and butter. Cook for fifteen minutes in the double boiler one-half cup of quick tapioca and a pinch of salt in one quart of water. Pour this over the apples. Cover the dish and bake a half-hour. Serve with cream and sugar.

Orange Charlotte—One cup of boiling water in which is dissolved 1 envelope of Quick gelatine, 1 cup of orange juice and 1 small cup

of sugar. Mix these together. When cold and partially stiff, add the whites of 3 eggs beaten to a froth and turn into a wet mould. When served garnish with whipped cream.

Canada Cream—One pint of milk, 1 envelope of Quick gelatine, yolks of two eggs beaten with two tablespoons of sugar and a little salt. When the milk is boiling hot, stir in slowly the gelatine, then add the yolks, sugar and salt and boil about three minutes as you would soft custard. Remove from fire, stir in the whites beaten with two tablespoons of sugar, and flour to taste.

Hard Times Pudding—Half pint molasses, $\frac{1}{2}$ pint cold water, 1 tablespoon melted butter, 1 teaspoon soda, 1 teaspoon cream tartar, add a little salt, some spices, 2 cups currants, some raisins. Make this all into a batter, and steam about 2 hours.

Lemon Pudding—One cup sugar, 4 eggs, 2 tablespoons cornstarch, 2 lemons, juice of both and rind of one, 1 pint milk, 1 tablespoon butter. Heat the milk to boiling, and stir in the cornstarch wet with a little water. Boil 5 minutes, stirring constantly. While hot mix in the butter, and set aside to cool. Beat yolks light, and add sugar, mixing thoroughly before putting in the lemon juice and grated rind. Beat this to a stiff cream, and add gradually to the rest.

Suet Pudding—Two eggs, 1 cup milk, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup finely chopped suet, 1 teaspoon salt, 2 teaspoons baking powder, 3 scant cups flour, spices to taste, and 1 cup mixed, chopped fruit—raisins, citron, currants, or almonds. Steam 2 hours and serve with a soft sauce.

JELLIES, ETC.

General Directions—Empty the contents of package into a bowl. Then add one pint of boiling water and stir till all is dissolved. Put in a cold place to set. Use a little less water in hot weather. Do not use tin moulds.

Directions for Turning Jellies Out of Moulds—When the jelly is set and ready to be served, take the mould, which contains it, and dip the outside in hot water two or three seconds, not more, then place plate over mould and turn quickly upside down and jelly will come out neatly and look attractive on the table.

To Combine Fruit of Various Kinds With Sweetheart Jellies.—First, in the case of fresh fruit such as strawberries, raspberries, blackberries, etc., be sure they are thoroughly clean. Then prepare whatever jelly you desire to add these to, pour into a mould till half full and put away in a cold place. When it has begun to stiffen place the fruit into it neatly as you desire it to appear when turned out. Then pour into the mould the remainder of the jelly covering over the fruit with it, and put away in a cold place to set. With bananas and oranges, peel and slice them, then add to the jelly in the same way as fresh fruit. These make the most delicious dishes for afternoon teas, supper-parties and banquets, making as they do a most attractive dessert and one which is very much relished.



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Made from the choicest growths of high grade English Mustard Seed, manufactured by our new method, and packed only by us. We guarantee this brand to be equal in quality, flavor and strength to any mustard on the Canadian market.

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Made from the finest English Mustard seed, our D. S. P. mustard is of the finest quality. Has that most delightful horseradish flavor for meats, picnic sandwiches, etc.

Sweetheart Salad Dressing
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We import direct from pepper plantations, the finest peppers grown, such as Tillicherry, Singapore, Alleppi and Lampong.

Same are carefully milled by our new process of the 20th century, so as to produce the finest grain and retain its aroma. Absolutely pure.



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Sweetheart Brand Cocoa
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SWEETHEART BRAND CURRY POWDER.

Is made from an ancient recipe, which was first used in India, where Curry Powder originated in olden times. We are sure you will be pleased with its Oriental aroma. Use for soups, catsups and pickles.



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RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Spanish Cream—One box gelatine, dissolved in 2 quart milk. Then beat yolks of 8 eggs, together with 2 cups sugar, and pour in the boiling milk and gelatine. Let it boil for a moment. Have the 8 whites beaten to a stiff froth, add your flavoring to the milk, and pour the whole into the whites. Stir around, and pour into moulds.

Bavarian Cream—One can pineapple (shredded), 1 cup sugar, 1 pint cream, 1/2 box gelatine. Pour juice of pineapple off and put 1/2 of it on gelatine and 1/2 on sugar. Put sugar on to boil until it gets like thick syrup. Dissolve the gelatine and juice in it, and let it to cool. Have the cream whipped stiff, and beat in the syrup, gelatine and pineapple. Put aside to cool in mould.

A Nice Dessert—Slice 1/2 doz bananas, slice layer oranges, slice layer pineapple, pears or any fruit you like, and a few walnuts, 1/2 box gelatine soaked in 1/2 pint of cold water half an hour. Then add 1/2 pint boiling water. Squeeze a lemon, sweeten to taste, pour over fruit and serve with cream or boiled custard.

Dessert Puffs—One pint sweet milk, a scant pint of flour, 3 eggs, whites and yolks beaten separately. Bake in cups and serve with liquid sauce.

Orange Marmalade—8 oz water or oranges, 12 sweet oranges, 6 lbs. of sugar, 1/2 pint hot water. Slice the fruit and add the sugar as possible, put in an earthen jar, pour on the water and let it stand 24 hours, then put it on to boil. Let it simmer 4 hours, or until tender, then add all the sugar and cook until it jellies.

Rhubarb Marmalade—Take equal quantities of rhubarb and pineapple. Slice the latter very thin and in small pieces, removing the core. Add half the quantity of sugar, and simmer slowly until tender. Peel the rhubarb and cut in small pieces. Add equal quantities of sugar, and allow it to stand over night. Then boil the two together for 20 minutes.

Marmalade—(Marjorie's)—To 12 bitter oranges put 3 lemons and 1 pint water, and 1 lb sugar to each orange. Let water stand on oranges cover night, then boil 2 hours. Add sugar and lemons, and boil until it jellies.

Apple Gems—Chop fine 4 sour apples, add 1 beaten egg, 2 table spoons molasses, 1 1/2 cups Indian corn meal, 1 1/2 cups flour, 1/2 teaspoon salt, 2 table spoons baking powder. Add sufficient milk to make thick drop batter, and bake in hot greased gem-pans.

Chocolate—One square unsweetened chocolate, 1 table spoon sugar, 2 table spoons hot water. Grate chocolate, boil all together till smooth, add gradually 1 pint scalded milk, cook in double boiler 5 minutes. Some like to add 1 teaspoon vanilla. It can be made stronger by using more chocolate.

French Coffee—One quart water to 1 cup very fine ground coffee. Put coffee grounds in bowl; pour over about 1/2 pint cold water and let stand for 15 minutes; bring remaining water to a boil. Take coffee in bowl, strain through fine sieve, then take French coffee-pot, put coffee grounds in strainer at top

of French pot, leaving water in bowl. Then take boiling water and pour over coffee very slowly. Then set coffee-pot on stove 5 minutes; must not boil. Take off and pour in cold water from bowl that coffee was first soaked in, to settle. Serve in another pot. The French, who have the reputation of making the best coffee, use 3 parts Java, 1 part Mocha.

Tea—Water for tea should be freshly heated and just boiling. Teas are of differing strength, but a safe rule is 1 teaspoon dry tea to 1/2 pint boiling water. Scald tea-pot; put in dry tea and cover for 1 minute. Add boiling water, cover closely. Let stand 3 to 5 minutes, strain off into second hot pot. A wadded caddy will keep tea hot for a long time off the fire.

Cocoa—The usual rule is 1 teaspoon cocoa to each cup. Mix dry cocoa with little cold water, add scalded milk or boiling water, and boil 1 minute.

Directions—Take such quantity of flour as required for your griddle cakes, and stir into it sufficient milk or water to make a thin batter. It is then ready for the pan. Serve hot with syrup or butter and sugar.

Muffins and Gems—Two cups Sweetheart Pancake Flour, 1 1/2 cups sweet milk or cold water, 2 or 3 table spoonfuls sugar, 1 teaspoon melted butter, 1 egg thoroughly beaten. Bake in a quick oven. Muffins in rings on griddle, gems in gem pans.

DUMPLINGS.

Apple Dumplings Royal—One quart flour, thoroughly mix with it 3 teaspoons baking powder and a small teaspoon salt; rub in 6 pieces of butter or lard the size of an egg, and then add 1 medium potato, grated in the flour, after the latter is well mixed, stir in milk and knead to the consistency of soft biscuit dough; break off pieces of dough large enough to close over 3 quarters of an apple (or other fruit as desired) without rolling, and lay in an earthen dish and steam until the fruit is tender. Serve with brandy sauce.

Doughnuts—Beat well together 2 eggs and 2 cups granulated sugar. Add 1 pint milk and 1 quart flour in which are mixed and sifted 3 teaspoons baking powder, 1 teaspoon salt, and 1 grated nutmeg. Beat well, then add more flour to make a soft dough. Roll out 1/2 inch thick, cut in rings or small balls, and fry brown in a deep kettle of smoking-hot fat.

Corn Rolls—Two cups Sweetheart Flour, 1 cup fine corn meal, 1 1/2 cups sweet milk, piece of butter about the size of an egg, melted, 3 table spoonfuls sugar, and 1 well-beaten egg. Stir together briskly and bake in gem pan. Should always be kept in a cool and dry place.

Griddle Cakes—Mix thoroughly with sweet milk or cold water, to a batter, the quantity of flour you wish to use, and bake at once on a hot griddle. The addition of 1 or 2 well-beaten eggs, according to quantity of batter, will improve the cakes. Milk is better than water for mixing all self-raising goods. When water is used, a little sugar or molasses may be used to assist in giving a brown color to the cakes.

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RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Fried Cakes—Two and a half cups flour, 2 teaspoons baking powder, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 scant tablespoon melted butter, 5 tablespoons sugar. Sift dry materials together. Add beaten eggs, milk, and melted butter. Drop by small spoonfuls in deep smoking-hot fat, fry brown, drain on unglazed paper.

Fruit Wheels—Sift together 2 cups flour, 1 heaping teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar. Rub in 2 large tablespoons butter. Mix to soft dough with milk; roll out $\frac{1}{2}$ inch thick. Spread thickly with soft butter, dust with 1 teaspoon flour, 4 tablespoons granulated sugar, 1 teaspoon cinnamon; sprinkle over $\frac{1}{2}$ cup each of seeded and cut tea in $\frac{1}{2}$ inch chopped citron, and cleaned currants. Roll up, cut in 1-inch slices, put 1 inch apart on greased flat pans, and bake in hot oven.

Huckleberry Short Cake—Two cups sugar, $\frac{1}{2}$ cup butter, 1 teaspoon salt, 1 pint milk, 2 heaping teaspoons baking powder sifted into 3 cups flour, 1 quart washed and well-drained huckleberries, more flour to make a very thick batter. Bake in greased dripping-pan, break in squares, serve hot with butter.

Dutch Crullers—Two eggs, 1 teaspoon grated nutmeg, 1 cup sugar, 1 cup cream, $\frac{1}{4}$ teaspoon salt, 1 teaspoon baking powder, sufficient flour to mix to a soft dough. Roll out, cut in squares, cut several times in centre with jagging-iron; fry brown in kettle of deep smoking-hot fat.

Dumplings for Stews, 2—Mix 2 cups flour, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt. Add milk to mix to thick batter. Drop by small spoonfuls over boiling stew, and cook as in preceding receipt.

Peach Dumplings, 2—Bring 1 cup water, 2 tablespoons butter, to boiling point; turn in quickly 1 cup dry flour; stir till mixture draws away from sides of pan. Take from fire and cool. Work in 4 eggs, $\frac{1}{2}$ cup flour mixed with $\frac{1}{2}$ teaspoon baking powder, more flour if necessary to make a soft dough. Put out in a cake, cut in rounds with a saucer. On each place a pared, unpitted peach. Draw dough round to cover the fruit. Place in greased pan, brush with milk, and bake 30 minutes in moderate oven. Serve with clear sauce.

Recipes for making dumplings for a stew or fricasee frequently call for shortening. This is a mistake, and usually results in heavy, soggy dumplings. Heaviness may also be caused by a removal of the lid of pot or steamer before the dumplings are done. Flour, salt, baking powder, and sweet milk are all that are needed to make tender fluffy dumplings of this kind. The dry ingredients should be sifted carefully together, then quickly mixed with the milk. During the cooking the liquid in pot or steamer should be kept at a steady boil. No more batter or dough should be dropped in at one time than will cover the surface of the liquid or rest on top of the meat, for, if too many dumplings are dropped in at once, those underneath are sure to be soggy. The cover should not be lifted until the dumplings are done.

Wonders—Three eggs, 3 tablespoons melted shortening, 3 tablespoons sugar, 1 teaspoon baking powder mixed with 1 cup flour. Add more flour to make stiff dough, roll very thin. Cut in 3-inch squares; in each cut several slits; run finger through and separate, then dent them. Fry and roll in sugar.

Dumplings for Stews—Mix and sift 1 pint flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Mix to soft dough with milk. Turn on board, roll out $\frac{1}{2}$ inch thick, cut in small circles. Roll each in flour, drop on top simmering stew. Cover, cook 20 minutes without opening pot.

Dumplings for Soup—One cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon baking powder, sifted together. Add $\frac{1}{2}$ cup finely chopped suet, and enough milk to make stiff dough. Bake into dumplings size of marbles, drop into soup, cover, and boil 10 minutes.

Egg Dumplings for Soup—Beat 2 eggs, add $\frac{1}{4}$ teaspoon salt, 2 tablespoons milk. Sift 1 cup flour with 1 scant teaspoon baking powder, add egg mixture, and more flour if necessary to make thick batter. Drop by half teaspoonfuls in boiling soup; cover, cook 10 minutes.

Strawberry Short Cake—Pick, hull, wash, and drain berries. Sweeten, spread between bottom layers of short cake. Garnish top layer with large whole berries, dust with sugar, and serve with cream or custard.

Raspberry Short Cake—Prepare as for strawberry short cake.

Cherry Short Cake—Make as for strawberry short cake, using pitted sweet or tart cherries.

Peach Short Cake—Pare and slice peaches. Finish as for strawberry short cake.

Banana Short Cake—Peel and slice bananas. Finish as for strawberry short cake.

Canned Fruit Short Cake—Any canned fruit, drained from syrup, may be used in place of fresh fruit, finishing as for other short cakes.

Suet Dumplings—One cup bread crumbs, 2 tablespoons finely chopped beef suet, whites and yolks 2 eggs beaten separately, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder sifted with 1 cup flour, sufficient milk to mix to stiff paste. Flour hands and make into balls. Wring small cloths in hot water, dust with flour, lay ball in each and tie, leaving room to swell. Cook in rapidly boiling water 45 minutes, and serve with liquid sauce (see sauces).

Apple Dumplings, 2—Paste, 2; 6 apples, peeled, cored, and sliced, 1 cup sugar. Line 6 cups, well greased, with the paste rolled out thin, wet edges, fill with apples, some of the sugar, cover with more paste; put in shallow stewpan, large enough to contain them, with boiling water to reach half way up the cups; steam thus 45 minutes; turn out on dish, sift sugar over them; serve with spice sauce.

Apple Dumplings, 3—Paste, 3; 8 apples, peeled and cored, 1 cup sugar. Roll out the paste thin, cut into 8 squares of 4 inches, lay on each an apple with sugar in aperture

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RECIPES—Continued.

made by removing core, wet four corners of paste, and bring them to top of apple and fasten; sift sugar over them; lay on baking sheet and bake in hot oven 25 minutes; serve with hard sauce.

Crullers, 2—One quart flour, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 cup sugar, $1\frac{1}{2}$ tea-spoons baking powder, $\frac{1}{2}$ pint milk, 2 eggs, 1 tea-noon extract nutmeg; sift the flour, sugar, and powder together; rub in the lard and butter; add the beaten eggs, yeast, and milk. Mix into a smooth dough, knead enough to handle conveniently, and roll out the rolling pin on a smooth surface, to $\frac{1}{4}$ inch thick, cut into about $\frac{1}{2}$ inch wide strips, and twist for 3 or 4 turns, and try to a good shape. Fry in plenty of lard. Serve with hard sauce.

Royal Wafers—This is the best plain delicate wafer with 2 eggs. The recipe will be found in our book and beautiful. One quart flour, 2 tea-spoons baking powder, $\frac{1}{2}$ tea-noon salt, $\frac{1}{2}$ cup sugar and add $\frac{1}{2}$ pint milk to make a soft dough. Bake immediately on hot griddle, roll to full $\frac{1}{2}$ inch thick when hard. Serve with butter and maple syrup or honey.

Crullers, 1—One cup sugar, 3 table-spoons butter, 1 cup cream, 3 cups flour, 1 with 2 tea-spoons baking powder, and $\frac{1}{2}$ tea-noon salt, adding one half flour to make soft dough. Roll out, cut in 2 inch squares, and slash with jagging-iron. Fry, drain, and roll in sugar.

Crullers, 3—Two cups brown sugar, $1\frac{1}{2}$ cups butter, 6 eggs, $\frac{1}{2}$ cup nutmeg, 2 tea-spoons baking powder, flour to make soft dough. Roll, cut with jagging-iron, fry as directed.

Berry Dumplings—Use berries of any kind carefully picked, washed, prepared, and make as for apple dumplings, putting 1 or 2 table-spoons of berries in each dumpling.

SALADS AND CHEESE.

Mayonnaise—Have dishes and ingredients very cold. If summer, set dish in pan of pounded ice. In soup plate or shallow bowl put yolk 1 raw egg, add $\frac{1}{4}$ tea-noon salt and dash cayenne, a few drops of Tobacco and a few drops Worcestershire sauce, stir with fork till very thick. Add few drops olive oil and stir; add more oil, few drops at a time, until mixture falls on fork. Then with few drops lemon juice or vinegar then add more oil. Alternate in this way until 1 cup olive oil is used and dressing is thick and glossy, like a jelly. About 3 table-spoons lemon juice or 2 of vinegar will be needed, according to its activity. Always mix in the same direction. Keep covered and use until needed.

Potato Salad—Make $\frac{1}{2}$ amount of boiled dressing given; when cold, thin with vinegar or lemon juice, add all 2 table-spoons onion juice. Pour over dried boiled potatoes while hot. When cold serve with water-cress or field salad, garnishing with dried pickled beets and sliced hard-boiled egg.

Potato and Egg Salad—Hard boil 3 eggs 20 minutes; shell and cut fine with silver knife. Boil 3 or 4 potatoes. Dice while hot, mix with cut eggs and add French dressing. Let stand

till cold. Serve on bed of water-cress with more French dressing or boiled dressing thinned with vinegar.

Horse-radish Sauce—Cream 2 table-spoons butter; add 2 table-spoons fresh grated horse-radish, 1 table-noon very thick cream, $\frac{1}{2}$ tea-noon French pepper. Keep very cold.

Mint Sauce—One cup chopped green mint leaves, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup powdered sugar. Mix 1 hour before serving.

Tomato Salad—Pare with sharp knife. Slice and lay in salad bowl. Make dressing as follows: Work up salt upon each of salt, pepper, and fresh made mustard with 2 table-spoons of salad oil, adding only a few drops at a time, and, when thoroughly mixed, whip in with as beaten, 4 table-spoons vinegar; toss up with fork.

Curry Sauce—Slowly cook 1 table-noon chopped onion in 1 table-noon butter 5 minutes without coloring. Add 1 tea-noon curry powder, cook 5 minutes, add 1 cup white sauce cook 2 minutes longer.

SANDWICHES

Ham Sandwiches—Make a dressing of half a cup of butter, one table-spoonful of mixed mustard, one of salad oil, a little red or white pepper, a pinch of salt and the yolk of an egg; rub the butter to a cream, add the other ingredients and mix thoroughly; then stir in as much chopped ham as will make it consistent, and spread between thin slices of bread. Omit salad oil and substitute butter, if preferred.

Ham Sandwiches, Plain—Trim the crusts from thin slices of bread; butter them, and between every two some thin slices of cold boiled ham. Spread the meat with a little mustard, if liked.

Mayonnaise Sandwich—Take nice crisp lettuce leaves, lay on nice thin slices of bread and place a table-spoonful of nice Mayonnaise dressing upon each. These must be prepared just before using. Chopped chicken or any desired meat may be added.

Chicken Sandwiches—Mince up fine any cold boiled or roast chicken; put it into a sauce-pan with gravy, water or cream enough to soften it; add a good piece of butter, a pinch of pepper; work it very smooth while it is heating until it looks almost like paste. Then spread it on a plate to cool. Spread it between slices of buttered bread.

Sardine Sandwiches—Take two boxes of sardines, and throw the contents into hot water, having first drained away all the oil. A few minutes will free the sardines from grease. Pour away the water and dry the fish in a cloth; then squeeze away the skins, and pound the sardines in a mortar till reduced to paste; add pepper, salt, and some tiny pieces of lettuce and spread on the sandwiches, which have been previously cut as above. The lettuce adds very much to the flavor of the sardines. Or chop the sardines up fine and squeeze a few drops of lemon-juice into them and spread between buttered bread or cold biscuits.

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Celery Salt is made from Pure Celery Seed ground with fine table salt. Makes an appetizing flavor for soups, sauces, etc.



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Is selected from the best spices that grow. Thoroughly cleaned by our new vacuum system, it is entirely free from dust and dirt. A great improvement will be noted in pickles, chow chow, etc., if our pickling spice is used.

RECIPES—Continued.

Watercress Sandwiches—Wash well some watercress, and then dry them in a cloth, pressing out every atom of moisture, as far as possible; then mix with the cresses hard-boiled eggs chopped fine, and seasoned with salt and pepper. Have a stale loaf and some fresh butter, and with a sharp knife cut as many thin slices as will be required for two dozen sandwiches; then cut the cress into small pieces removing the stems; place it between each slice of bread and butter, with a slight sprinkling of lemon-juice; press down the slices hard, and cut them sharply on a board into small squares, leaving no crust.

Green Pea Soup—Boil 1 pint of peas and 1 large potato till soft. Mash through a colander, water and all, and add a small piece of butter, salt and pepper to taste, and enough milk to thin.

Pickled Onions—Take ½ peck small onions, peel and put in about 1 cup salt. Pour over enough boiling water to cover the onions. Let stand one night, drain, and repeat the next night. Then cover with cold, sharp vinegar and spice, using whole spice. Let them stand a week before using.



10c—1 coupon

PULVERIZED TURMERIC.

Tumeric Root is pulverized and put in packages. Used for coloring chow chow, mustard pickles, etc.

RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

PICKLES AND CATSUPS.

Chili Sauce—Chop 12 large ripe tomatoes, 2 onions, 2 small red peppers, 4 tablespoons sugar, 2 tablespoons salt, 3 small cups vinegar, 2 sour apples, 1 teaspoon each of ginger, cinnamon, cloves, nutmeg. Boil 4 or 5 hours. Drain off part of liquor from tomatoes before boiling.

Tomato Pickles—(Green)—Half peck green tomatoes, 6 ordinary sized onions, 3 green peppers. Slice and place them alternately with the sliced tomatoes in a deep dish, with a layer of salt between. Leave them all night. Next morning strain off water, then take 1 lb. white sugar and all sorts of spices, put in preserving kettle, and cover with vinegar. Boil until quite soft.

Potato Souffle—Take 2 cups cold mashed potato and stir into it 2 tablespoons melted butter, heating to a white cream before adding anything else. Then put with this 2 eggs whipped very light and a teacup of cream or milk, salting to taste. Beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned. If properly mixed, it will come out of the oven puffy and delectable.

Tomato Soup—One tin tomatoes, 1 quart stock, 1 gill milk or cream, 1 ounce butter, 1 ounce flour, pepper and salt. Boil together the stock and tomatoes 15 minutes, then rub them through a sieve, melt the butter in a sauce-pan, stir in flour and strained stock, boil 2 minutes, allow the boil to go off, then add cream, and do not allow to boil again or the cream will curdle.

THINGS WORTH KNOWING

When ironing between buttons on a blouse place the buttons on a folded Turkish towel. The button will sink into the towel, and the spaces between them will be ironed beautifully smooth.

Lamp chimneys should not be washed, as this makes the glass brittle, but if held for a moment over a steaming tea-kettle and then polished with a soft, dry cloth, the result will be all that could be desired.

To extract onion juice, press the raw surface of an onion against a grater, move it slightly, and the juice will run off the point of the grater.

Frying on a Gas Stove involves a certain amount of grease being splattered on to the wall by the stove. It is a good plan, therefore, to get a piece of oil baize, and with it "paper" the wall, for this is easy to clean with hot water and soap on a flannel. To apply the baize, brush over the back of it with some flour paste made with boiling water, then, having placed the baize in position, smooth it on to the wall with a clean duster.

Clean Furniture Before Polishing It—Few people apparently think of washing their polished furniture. Yet if the dirt were removed

by washing it with a little vinegar and water, or even plain warm water, the cream used to obtain a polish would have a much better and more lasting effect.

Excellent Cough Mixture—One cup of rum, 1 cup of honey, 1 cup of lemon juice, 1 ounce of glycerine; mix well, bottle, and take 1 teaspoon when cough is troublesome.

Cure for Coughs—(Old-fashioned)—Three newly laid eggs, unbroken, over which pour the juice of 6 lemons, and allow to stand for 48 hours. Then pick out any bits of eggshell that are not dissolved, add ½ pound of rock candy, and 1 pint of Jamaica brandy, mix well and bottle. Dose: 1 tablespoon three or four times a day.

To Clean White Ostrich Feathers — Four ounces of white soap, cut small, dissolved in four pints of rather hot water. Wash the feathers thoroughly in the lather, rinse in hot water, and shake until dry.

Save old kid gloves for ironing day. Sew a pad made from the left glove on to the palm of the right one, and you will find your hand is saved from becoming blistered, while the fingers and the back of the hand will be protected from the scorching heat which is so damaging to the skin.

Ink Spots on Leather may be removed by several applications of a weak solution of oxalic acid. Apply with a camels' hair brush, and after a few minutes wipe off.

To Mend Hot Water Bags apply several coats of liquid court-plaster to the holes, allowing each coat to dry before adding the next. The result will be waterproof and not affected by hot water.

To Remove Scorch From Colored Goods — When pressing a colored dress and you have the misfortune to scorch it, take a silver coin, lay it flat on the scorched part and rub it briskly, and you will find the scorch disappears.

If in Cleaning a kitchen stove the black-lead used is mixed with a little methylated spirit instead of water, the labor of polishing is a good deal reduced and the result is particularly brilliant.

Dish Cloths do not get the attention they should, and in many houses are dirty and quite unfit for use. After washing up, always soap the dish cloth well, and then rinse in hot water with soda in it. Rinse again in hot water, and hang it in the air to dry.

Cut Flowers—To keep the water fresh and sweet in vases of cut flowers, add to it a small bit of sugar. This is successful even in the case of such blooms as wallflowers.

When Ironing Handkerchiefs begin in the middle. When the edges are ironed first, the middle of the handkerchief is apt to swell up like a balloon, making it difficult to iron the whole properly.

To Remove a Label from a Jar or Bottle is often rather difficult. This plan is always successful: Wet the label thoroughly, and then hold it near a fire for a moment. The steam thus generated immediately acts on the paste or gum.

Sherlock-Manning Piano

20TH CENTURY STYLE

FULL SEVEN AND ONE-THIRD OCTAVES



No. 2345

Full iron plate, latest model perfection, double repeating action, so constructed as to insure absolute stability and uniformity of touch; equipped with patent trapwork, noiseless, mouse proof, three pedals. This may be obtained in Mahogany, Oak or Walnut.

HOW TO GET THIS SPLENDID PIANO

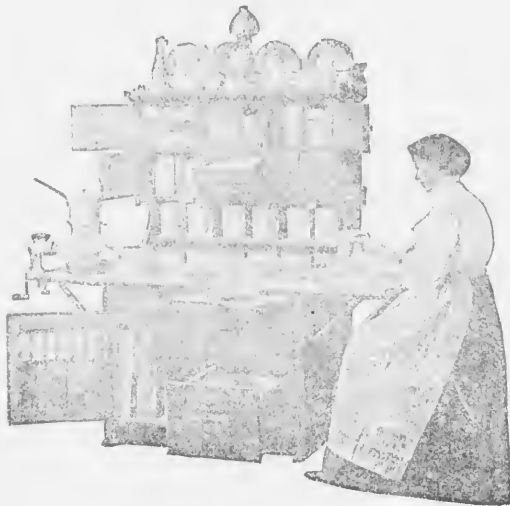
Only 35,000 coupons required, or 10,000 coupons and \$150.00 cash, or 5,000 coupons and \$185.00 cash.

This piano is equal to any \$350.00 piano on the market. Notice how easily a lodge, a school room, or a Sunday School, or other organizations, can secure this piano FREE.

We manufacture a large variety of GOODS. Each package contains from one to three coupons, according to size or weight; 150 families, each using only 25 packages of our goods per month will secure this piano within nine months absolutely FREE of charge, or 150 families, each using 10 packages of our GOODS per month, together with a Cash payment of \$150.00, will secure piano in seven months.

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The Chatham Kitchen Cabinet



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A RARE OPPORTUNITY THIS

Only 829 coupons and \$12.00 cash, or 417 coupons and \$17.00 cash, or 211 coupons and \$18.00 cash.

DON'T LET THIS GO BY

A Kitchen Cabinet saves steps. It takes the place of the Pantry and the table for nearly everything you use in cooking a meal, or baking bread, cakes or pies.

When you look at this Cabinet you can see at a glance that—

It means hours of time saved to every housekeeper.

It means the saving of miles of walking in a hot kitchen.

It means relief from kitchen drudgery.

It means less reaching and stooping.

It means fresh and full strength food supplies.

It means freedom from dust, dirt, flies, mice and rats, etc.

This Cabinet was designed by a woman who knows a housewife's needs.

Knowing that every family should have one of these Kitchen Cabinets, we are giving our customers an exceptional chance to secure a \$25 Kitchen Cabinet.

Regular selling price is \$25.00. **HOW TO SECURE IT FREE.** Only 4,000 coupons required, F. O. B. factory.

RECIPES—Continued.

When marble basins and other marble-lined articles are neglected until yellow stains have been allowed to appear on them, muriatic acid has to be used to remove them. Shut the water from the basin, and dry the marble well. Tie a rag to the end of a small stick, dip it into the acid, and with it touch the stain, and immediately the spot will disappear. Put water into the basin at once upon the disappearance of the stain, and then scrub the basin with soap and water. When applying the acid be careful not to get it on the metal about the basin, as it will destroy the plating. Do not get it on the hands, nor drop it on your shoes, nor get it on your clothing, as it will destroy them.

For Black Petticoats—Sew a white bias fold about one and one-half inches wide, around the inside of the belt. It will prevent the corset cover or corsets from getting soiled.

To Prevent a Boot or Shoe From Slipping at the Heel—Gum a little piece of velvet on the inside of the shoe. This will make it cling to the stocking and prevent it from slipping.

For Callouses on the Feet—For a callous on the bottom of the foot, bind on cotton wool, wet with olive oil, and it will soon disappear.

Corns—Soak the feet every day in warm water, to which a little borax and baking soda has been added, and in about a week the corn can be picked out.

A Cure for Warts—For all kinds of warts saturate an ounce of alcohol with salicylic acid and add fifty drops of castor oil. Apply it often and within a week the warts will disappear.

Biting Finger Nails—A child may be broken of biting its finger nails by dipping the finger tips occasionally in bitter aloes or quinine.

For Fainting—Loosen the clothing, bathe the temples with cold water admit plenty of fresh air, and apply a hot water bag to the feet.

To Clean a Discolored Copper Kettle—Wash the kettle in strong soap suds with soda, and let it stand in this for a couple of hours. Then take some fine coal ash (sift the ash) mixed with paraffin into a paste, and with it scour the kettle. This treatment will soon make the copper as bright as when new.

To Clean White Felt Hats—Milliners use the soft inner part of a stale loaf of white bread. It does the work perfectly.

To Renovate Black Silk—Sponge with cold tea to which a little ammonia has been added then iron on the wrong side with a moderately hot iron.

To Remove Grease Marks—Grease marks on pages of books may be removed by sponging them with benzine, placing the pages between sheets of blotting-paper, and pressing with a warm iron.

Top Buggy



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Nobby End Spring Top Buggy, made by W. J. Thompson & Son, London. Trimmed in leather or whipcord. No piece work employed. Best material. All hand made.

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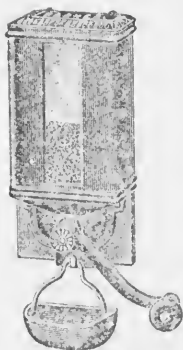


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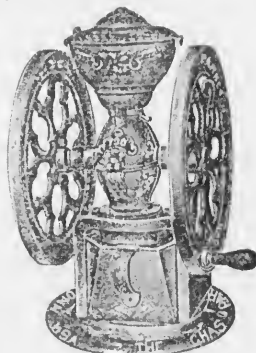


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This is our new method. This Coffee Mill is just the thing for household use. When coffee is ground it gradually loses its strength. By securing one of these Mills you have a convenient place for keeping your coffee and you can grind it as you use it, thus retaining its full strength.

100 coupons, or 25 coupons and 50c cash.

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Wheels,
17 in.
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This Mill is suitable for any grocer.

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No. 2382

VOLLMAR WASHING MACHINE

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Made by Westman & Ward Co., London.

IDEAL WASHING MACHINE

Roller gearing, ball-bearing, rotary Washing Machine.

The tub is made of Cyprus, handsomely finished. Has a large balance wheel and silent running gear. The machine is simple, strong, durable and light running.

1,200 coupons, or 50 coupons and \$5.50 cash.



No. 2394

SELF-FILLING FOUNTAIN PEN

14k. gold point. —400 coupons, or 50 coupons and \$2.00 cash.

No. 2395

SELF-FILLING FOUNTAIN PEN

Gold ferrule. —700 coupons, or 50 coupons and \$3.50 cash

No. 2396

REGULAR FEED FOUNTAIN PEN

With 14k. points. —200 coupons, or 25 coupons and \$1.00 cash.

RECIPES—Continued.

For Silver—A little rouge powder mixed with a few drops of water will remove stains of tarnish from silver or plated articles, but should only be used occasionally. It may be used for polishing mirrors with excellent results.

Remedy for Boots Hardened by Water—A shoe or boot that has been wet usually stiffens, thus making it very uncomfortable for the wearer. To prevent this, rub the leather with wax or paraffin, when the hardness will be removed and the shoe will be found quite pliable and easy.

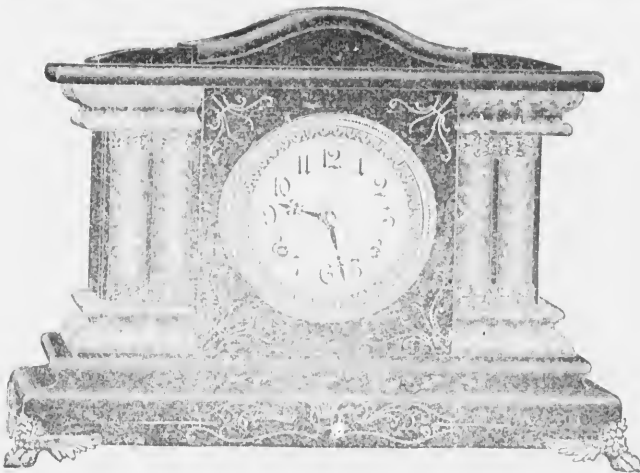
To Cover Jams and Jellies—One of the best ways of covering jams and jellies, so that they will keep well, is to cover the jars as soon as they are filled. Have the papers cut

ready and the white of an egg slightly beaten, brush the paper with the white of the egg and lay down quickly. The heat of the jam drives out the gases that might cause it to mould, and keeps the egg so quickly that it is hermetically sealed.

To Renovate Black Kid Gloves—Mix together equal quantities of white of egg, black soap, and milk or cream. Put the gloves on the hand, and apply the compound to the soiled parts with a bit of soft flannel. Kid shoes may be treated in the same way.

To Clean Velvet—Scrape a little pipe-clay on it, then brush off lightly with a stiff brush.

Flannette may be rendered non-inflammable by rinsing it after washing in alum water. Dissolve two ounces of alum in a gallon of cold water.



No. 2386
MANTLE CLOCK

Hour and half hour strike on gong. Fancy enameled case.
1,200 coupons, or 100 coupons and \$6 cash

No. 2387
AMERICAN ALARM
CLOCK

250 coupons, or 25
coupons and 75c cash

No. 2388
TATTOO
INTERMITTENT
ALARM CLOCK

500 coupons, or 50
coupons and \$1.50
cash

No. 2389
GENTS' WATCHES
Gold-Filled Cases

2,000 to 5,000 coupons, or 100
coupons and \$10 to \$25 cash



No. 2390
GENTS' WATCHES
Nickel Cases

200 to 2,000 coupons, or 50
coupons and \$1.00 to \$10.00 cash

No. 2391
LADIES' WATCHES
Gold-Filled Cases

1,500 to 5,000 coupons, or 100
coupons and \$8.50 to \$25.00 cash
\$1.25 cash



No. 2397

TIE PINS

10k. solid gold set with
real pearls; large variety.
400 coupons, or 50 coupons
and \$2.00 cash.



No. 2398

CUFF LINKS

Large assortment, solid
gold and real cut diamonds.
200 coupons, or 50 coupons
and \$1.00 cash



No. 2399

FOBS—Assorted designs, for ladies and gents, 200 coupons, or 50 coupons
and \$1.00 cash.



No. 2400

SOLID GOLD ROPE NECK CHAINS—
16½-in., good quality.—700 coupons, or 50
coupons and \$3.50 cash.

No. 2401

GOLD-FILLED ROPE CHAINS—16½-
in.—300 coupons, or 50 coupons and \$1.50
cash.

No. 2402

GERMAN SILVER MESH BAG
250 coupons, or 50 coupons and
\$1.25 cash.

No. 2403

GERMAN SILVER MESH BAG—Good quality.
500 coupons or 100 coupons and \$2.50 cash

No. 2404

LADIES' 10k. and 14k.
SIGNET RINGS, many
patterns.

300 coupons, or 50
coupons and \$1.50 cash



No. 2406

LADIES' STONE SET BIRTHDAY
RING—Any color stone.

300 coupons, or 50 coupons and
\$1.50 cash

No. 2405

GENTS' 10k. SIGNET
RINGS.

1,000 coupons, or 100
coupons and \$5.00 cash

No. 2407

JEWEL BOXES—Good quality.

200 coupons, or 50 coupons and
\$1.00 cash

No. 2408

INVISIBLE CATCH BRACELET

Gold filled, quality guaranteed.

700 coupons, or 100 coupons and
\$3.50 cash



No. 2409

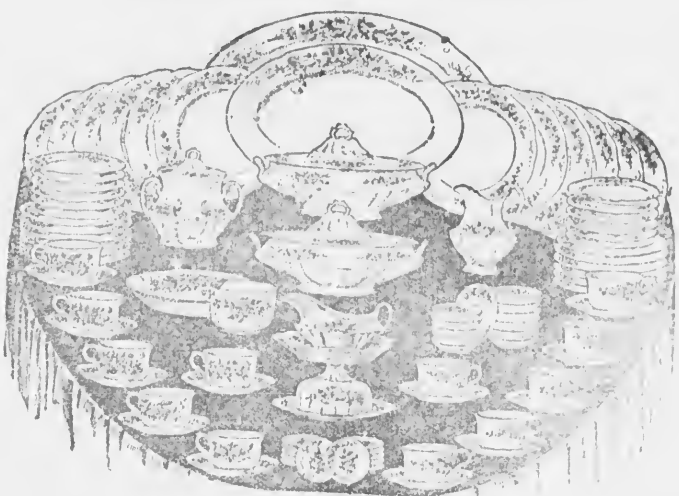
EXPANSION BRACELET, with or without locket top.

300 coupons, or 50 coupons and \$1.50 cash.

No. 2410

LOCKET—Top set with stones, 1,200 coupons, or 100 coupons and \$6.50 cash

Open Stock China



No. 5805

Article No. 2353—Tea Sets, 40 pieces 900 or 50 coupons each
 Article No. 2354—Dinner Sets, 97 pieces 3,000 or 100 coupons and \$15.00.

Article.	Coupons Per Doz.	Or	Coupons Per 1/2 Doz.	Or	Coupons Per 1/4 Doz.	Or
2353—Plates, 8 1/2-in.	450	25 coupons and \$2.25	225	25 coupons and \$1.15	115	25 coupons and 60c
2354—Plates, 7 1/2-in.	350	25 coupons and \$1.75	175	25 coupons and 90c	90	25 coupons and 45c
2357—Plates, 6 1/2-in.	300	25 coupons and \$1.50	150	25 coupons and 75c	75	25 coupons and 40c
2358—Plates, 5 1/2-in.	200	25 coupons and \$1.00	100	25 coupons and 50c	50	25 coupons and 25c
2359—Soup Coupes	400	25 coupons and \$2.00	200	25 coupons and \$1.00	100	25 coupons and 50c
2360—Fruit Saucers	180	25 coupons and 90c	90	25 coupons and 45c	45	25 coupons and 25c
2361—Teas, Kermiss	400	25 coupons and \$2.00	200	25 coupons and \$1.00	100	25 coupons and 50c
2362—Teas, Ovide	400	25 coupons and \$2.00	200	25 coupons and \$1.00	100	25 coupons and 50c
2363—Cream, 2T.	400	25 coupons and \$2.00	200	25 coupons and \$1.00	100	25 coupons and 50c
2364—Sugars	800	25 coupons and \$4.00	400	25 coupons and \$2.00	200	25 coupons and \$1.00
2365—Mustards	250	25 coupons and \$1.25	125	25 coupons and 65c	65	25 coupons and 35c
2366—Chocolate Cups and Saucers.	400	25 coupons and \$2.00	200	25 coupons and \$1.00	100	25 coupons and 50c
2367—Salts and Peppers.	160	25 coupons and 80c	80	25 coupons and 40c	40	25 coupons and 20c
2368—Breakfast Cups and Saucers.	560	25 coupons and \$2.80	280	25 coupons and \$1.40	140	25 coupons and 70c
2369—Bouillion Cups and Saucers.	560	25 coupons and \$2.80	280	25 coupons and \$1.40	140	25 coupons and 70c

Anything on this list is splendid quality and exceptional value. Should any piece get broken or lost at any time within ten years you can have it replaced at once at above prices.

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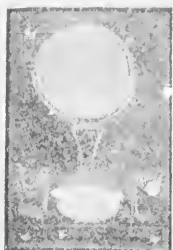
SEE COUPON LIST



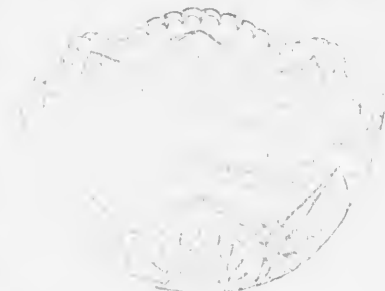
2383
Umbrella Stand and Jardiniere



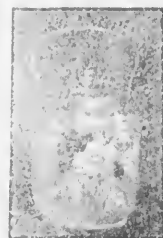
Chocolate Set.



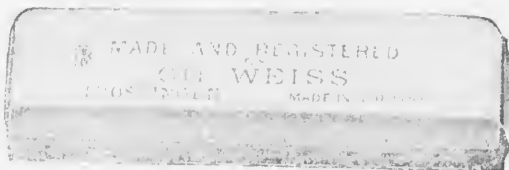
Shaving Set.



Glass Berry Bowl



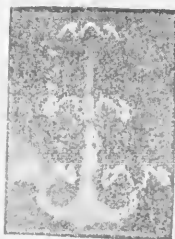
2007
Biscuit Jar.



2007
Mouth Organ.



2062
Tea Set.



Fruit and Flower Stand.



2055—Water Set.

WE ARE THE ONLY FIRM IN CANADA WHO SPEND OUR ADVERTISING MONEY WITH THE CONSUMER

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WE A

Open Stock China—Continued

No. 5805

Article	No. coupons each	Or
2370—Platters, 10-in.	100	25 coupons and 50c
2371— " 12-in.	170	25 coupons and 85c
2372— " 14-in.	230	25 coupons and \$1.15
2373— " 16-in.	350	25 coupons and \$1.75
2373—Covered Dishes, oval or round.	230	25 coupons and \$1.15
2374—Sauce Boats and Stands.	110	25 coupons and 70c
2375—Sauce Tureen.	230	25 coupons and \$1.15
2376—Salads.	80	25 coupons and 40c
2377—Bakers, 8-in.	80	25 coupons and 40c
2378—Bowls.	50	25 coupons and 25c
2379—Cake Plates.	60	25 coupons and 30c
2380—Spoon Trays.	40	25 coupons and 20c
2381—Celery Trays.	80	25 coupons and 40c
2382—Chocolate Pots.	110	25 coupons and 70c
2383—Beautiful Decorated Jardinieres.	200	25 coupons and \$1.00

These goods are exceptional value and any single piece can be replaced at any time during ten years at usual price.

Coupons which have been issued by us to date of this catalogue will apply on this Premium List.

List of Premiums

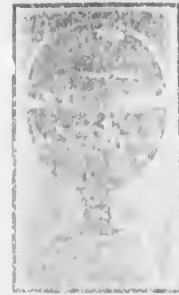
No.	Article	No. Coupons.	Or
2000	Spice Cabinet. Most useful article for the home. Holds six kinds of spices.	50	10 coupons and 50c
2001	Lady's China Cup and Saucer, beautifully decorated.	25	5 coupons and 15c
2002	Gent's China Cup and Saucer, beautifully decorated.	25	5 coupons and 15c
2003	Child's Mug, beautifully decorated.	25	5 coupons and 15c
2004	Steel Knives.	25	5 coupons and 15c
2005	China Cup and Saucer, neatly decorated.	35	10 coupons and 20c
2006	Spoons, first quality aluminum, ½ dozen.	35	10 coupons and 20c
2007	Boy's Mouth Organ.	35	10 coupons and 20c
2008	Hair Brush, imitation ebony.	35	10 coupons and 20c
2009	Children's Toy Auto.	50	10 coupons and 25c
2010	Dessert Spoons, first quality aluminum, ½ dozen.	50	10 coupons and 25c
2011	Dessert Forks, first quality, same material throughout, ½ dozen.	50	10 coupons and 25c
2012	Mouth Organ, Metelphone, excellent tone.	50	10 coupons and 25c
2013	Triplicate Mirrors, decidedly useful and always appreciated.	50	10 coupons and 25c
2014	Mirror—A sure favorite.	50	10 coupons and 25c
2016	Bagle or Coronet, for boys.	50	10 coupons and 25c
2017	Bagle or Coronet; a desirable toy.	50	10 coupons and 25c
2018	Mustache China Cup and Saucer, decorated.	50	10 coupons and 25c
2019	Sugar and Cream, Genuine German China.	50	10 coupons and 25c
2020	Bon Bon Dish, very tasty.	60	10 coupons and 30c
2021	Tablespoons, aluminum, always the same, ½ dozen.	60	10 coupons and 30c
2022	Fable Forks, aluminum, same quality throughout, ½ dozen.	60	10 coupons and 30c
2023	China Tea Set, toy, German design.	60	10 coupons and 30c
2024	Doll, special, good value.	60	10 coupons and 30c
2025	Shaving Set, very cute.	75	10 coupons and 40c
2026	Glass Vases, imitation cut glass.	75	10 coupons and 40c

WE ARE THE ONLY FIRM IN CANADA WHO SEND OUR ADVERTISING MONEY WITH THE CONSUMER

SEE COUPON LIST



14-inch Handsome

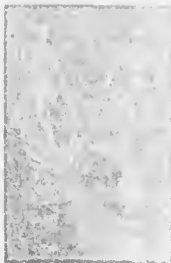


Wine Set

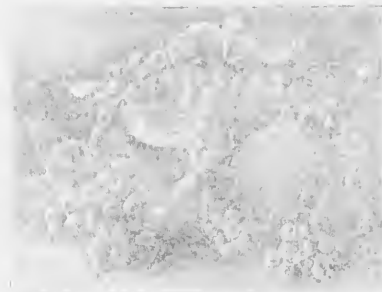
Pictures Well Worth Framing



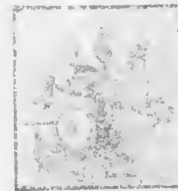
Tea Set



2078—Statues



1368—Fruit Picture, 15 coupons



Statue Clock



Rock of Ages, 10 coupons



Child's Picture, 10 coupons

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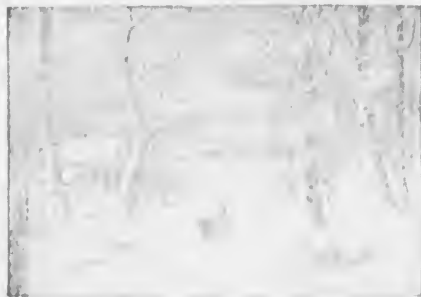
List of Premiums—Continued

No.	Article	Coupons	Or
2027	Jewel Basket, handsome design	100	10 coupons and 40c
2028	Sugar and Cream, especially nice	100	10 coupons and 40c
2029	Nickle Fruit Basket, good article	100	10 coupons and 45c
2030	Headlight Alarm Clock	100	10 coupons and 45c
2031	Glass Vases, beautiful imitation cut glass	100	10 coupons and 50c
2032	Toy China Tea Set, German design	100	10 coupons and 50c
2033	Bon Bon Dish, fancy	125	15 coupons and 50c
2034	Nickle Fruit Basket, very neat and tasty	125	15 coupons and 50c
2035	Biscuit Jars, very fine	125	15 coupons and 50c
2036	Biscuit Jars, splendid design	125	15 coupons and 50c
2037	Baby Alarm Clock	125	15 coupons and 50c
2028	Doll; special. Every girl like a doll	125	15 coupons and 55c
2039	China Table Set, 4 pieces, genuine German China	125	15 coupons and 55c
2040	Pressed Cut Glass Vase	125	15 coupons and 55c
2041	China Bedroom Set, toy	125	15 coupons and 55c
2042	Triplicate Mirrors, especially good article	125	15 coupons and 60c
2043	Jewel Basket, beautifully decorated	125	15 coupons and 60c
2044	Glass Covered Pitcher, something new	125	15 coupons and 60c
2045	Shaving Set	125	15 coupons and 60c
2046	Shaving Set	150	15 coupons and 75c
2047	Toy China Tea Set. Every little girl would be delighted with this	150	15 coupons and 75c
2048	Lemonade Set. Very useful for water or lemonade. Nicely decorated	150	15 coupons and 80c
2049	Toy Piano	150	15 coupons and 80c
2050	Toy Auto. Every little boy loves an auto	150	15 coupons and 80c
2051	Doll; special. Every little girl likes a doll. Neatly dressed	150	15 coupons and 80c
2052	Pickle Fork, pearl handle	150	15 coupons and 80c
2053	Butter Knife, pearl handle	150	15 coupons and 80c
2054	Boy Scout Brass Statuary. A most desirable premium	200	25 coupons and \$1.00
2055	Wine Set, Decanter and 1/2 dozen Glasses, richly embossed, new German design	200	25 coupons and \$1.10
2056	Food Chopper. A household necessity. A great labor savor; general purpose size	250	25 coupons and \$1.25
2057	Casters, 3 bottles, salt and pepper, mustard or vinegar	250	25 coupons and \$1.25
2058	Casters, 3 bottles, salt and pepper, mustard or vinegar	250	25 coupons and \$1.25
2059	Fountain pen, Diamond point	250	25 coupons and \$1.25
2060	Fruit Set, pretty design, velvet finish, exceptionally good	100	25 coupons and 25c
2061	Tea Set, 21 pieces, extra good value, beautiful German China	200	25 coupons and \$1.55
2062	Tea Set, 21 pieces, Bridal Rose China	200	25 coupons and \$1.55
2063	Fruit Set, neatly decorated	400	25 coupons and \$1.90
2064	Fruit Set, magnificent design	400	25 coupons and \$1.95
2065	Medical Alarm Clock	400	25 coupons and \$2.00
2066	Wine Set, especially fine	450	25 coupons and \$2.10
2067	Fruit Set, extremely handsome set	450	25 coupons and \$2.20
2068	Statuary, most pleasing design	450	25 coupons and \$2.25
2069	Wine Set, wonderfully cute	450	25 coupons and \$2.25
2070	Metal Wine Set, new German design	500	25 coupons and \$2.50
2071	Tea Set, 42 pieces, beautiful German China	600	25 coupons and \$2.30
2072	Tea Set, 42 pieces, German China; a choice set	700	25 coupons and \$3.00
2073	Brass Statuary, most artistic and pleasing design	700	25 coupons and \$3.10
2074	Brass Statuary. This is exceptionally beautiful and a very handsome premium	1100	50 coupons and \$5.00

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Pictures Well Worth Framing

SEE COUPON LIST



1358—Snow Scene, 15 coupons



1318—Water Scene, 15 coupons



1747—Child Scene, 10 coupons



1352—Lightning Scene, 10 coupons

RECIPES—Continued.

ALWAYS USE SWEETHEART BRAND BAKING POWDER, EXTRACTS AND SPICES

Frequent Dusting saves sweeping. A room that is dusted often and thoroughly will not require such constant sweeping as one that is dusted carelessly and seldom.

Patent Leather Shoes should have the dirt removed from them with a damp sponge. Dry with a duster, and then apply a very little vaseline, and polish with a silk handkerchief.

To Clean Windows—Two tablespoonfuls of kerosene added to a basin of water with which the windows are to be washed, will make them beautifully clear, and easier to polish.

To Clean Hardwood or Stained Floors—Sweep thoroughly and dust, then rub with an absorbent flannel cloth wet with kerosene.

To Clean and Brighten Gilt Picture Frames—Rub over the frame water in which onions have been boiled. It will remove dust and specks and brighten the frame.

To Keep Tinware From Rusting—Tinware may be kept from rusting by rubbing it with fresh lard, when new, then thoroughly heating it in the oven before it is used.

To Remove Egg Stains From Sliver—Apply table salt with a wet cloth, and they will quickly disappear.

To Prevent Glasses From Cracking—Put a silver spoon in when any hot liquid is to be poured into the glass, pouring directly on the bowl of the spoon. The heat will not crack the glass in this way.

Fly Killer—Fill a glass tumbler half full of strong warm soap suds, and after the flies have gone to roost on the ceiling, it is an easy matter to catch them by placing the tumbler over them. They will fall into the suds and soon die. This takes but a short time each evening and keeps a house free from flies.

For House Plants—A few drops of ammonia put in each quart of water with which the plants are watered will improve the color of the foliage, and increase the growth.

For an Ironing Stand—Use a wire-covered asbestos mat. It not only cleans the flatiron, but will not scorch the sheet.

Faded Colors may often be restored by the use of alum water. A faded blouse, for instance, should be shaken free of dust, then washed well with castile soap, rinsed thoroughly in clear water, and then in alum water. The alum will generally brighten the colors, and in any case it will help to set them.

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Over to Three
Coupons on
Each Package

Allspice, whole
Allspice, ground
Corax
Baking Powder
6-oz. tin, 1 coupon
12-oz. tin, 2 coupons
16-oz. tin, 3 coupons
1-qt. Sealers, 1 coupon
Tumblers, 1 coupon
Fancy " 1 coupon

Buckwheat Flour

Pancake Flour

Sweetheart Coffee

½-lb. tin, 1 coupon

1-lb. tin, 2 coupons

Chocolate Cream Coffee

1-lb. tin, 2 coupons

Cloves

Cassia

Cream Tartar

Curry Powder

Cayenne Pepper

Castor Oil

Flavoring Extracts

2-oz. bottle, 1 coupon

4-oz. bottle, 2 coupon

8-oz. bottle, 4 coupon

Ginger

A full list of

Sweetheart

IXL Brand



Trade Mark of
Quality.

Guaranteed
Strictly
Pure

Herbs

Sage

Savory

Thyme

Mint

Jelly Powders

All flavors

Lemonade

Manna Tapioca

Pure I X L Mustard

D. S. F. Mustard

Durham Mustard

French Mustard

Pastry Spice

Mace

Marjoram

S. Machine Oil

Oil of Lemon

Orangeade

Sweet Oil

Black Tillicherry

Pepper

White Tillicherry

Pepper

Pickling Spice, whole

Pickling Spice, ground

Sulphur

Salt Petre

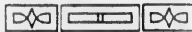
Senna Leaves

Turmeric

Turpentine

SAVE YOUR
COUPONS AND GET
A PREMIUM

QUALITY
EXCELS
IN
BOTH
OUR GOODS
AND OUR
PREMIUMS



*Try one
and
Get the
Other*

IXL Spice & Coffee Mills

LONDON



LIMITED

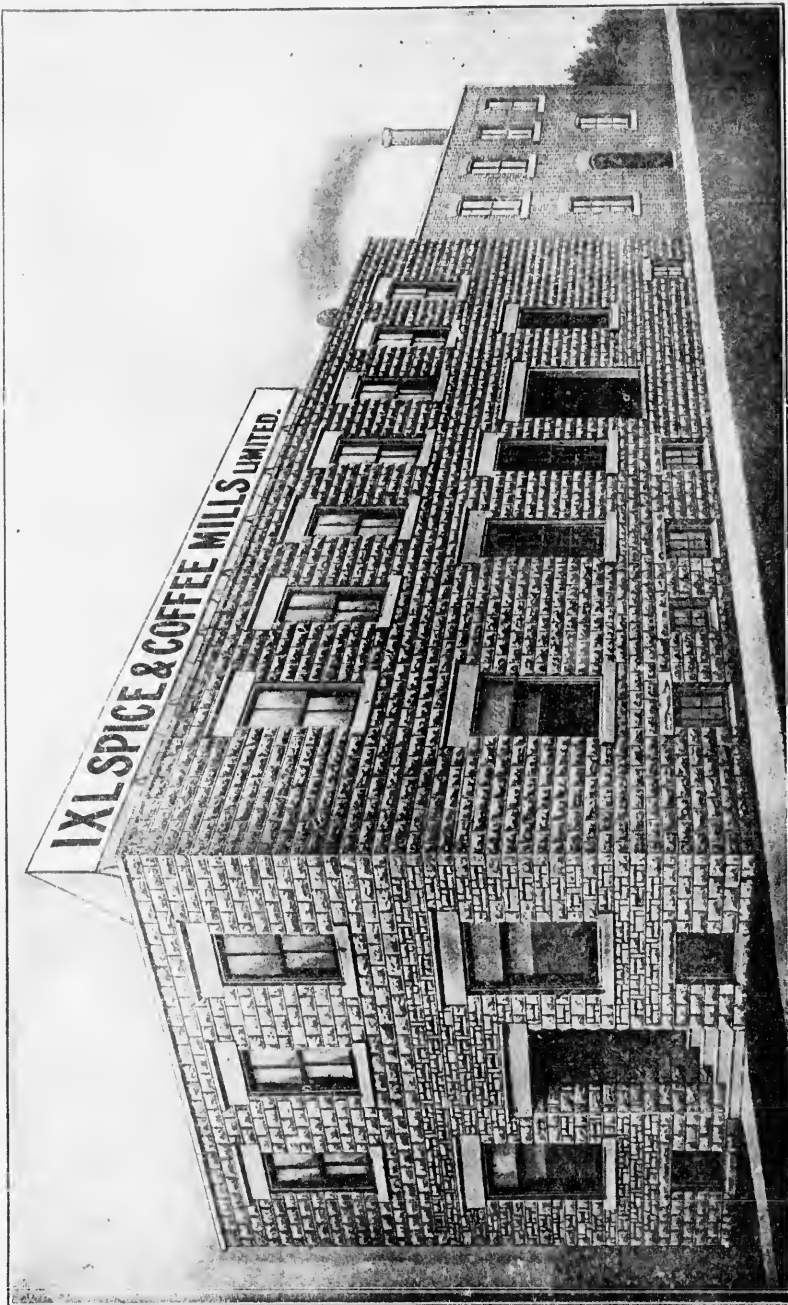


ONTARIO

1, 1 512

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of your grocer, Do not delay. Only 100,000 given away.

The Home of Sweetheart Brand---The Standard Goods of Canada



We are the only people in Canada who spend our advertising money
with the consumer.

