

WHEN FOOD TAXES YOUR STRENGTH

You Need the Tonic Treatment of Dr. Williams' Pink Pills

When the food you take fails to nourish, when it causes you pain and often a feeling of extreme nausea, the cause is indigestion. Your stomach is too feeble to do its work and you will continue to suffer until you strengthen your digestive powers. Your digestion has failed because your stomach is not receiving the pure, red blood of health to give it strength for its work.

The tonic treatment of indigestion by Dr. Williams' Pink Pills for Pale People succeeds by building up and enriching the blood supply, so that the feeble digestive organs are strengthened, appetite is restored and tone given the whole system. Thousands have proved this by personal experience, as is shown by the following typical instance. Mrs. James Boyle, Dartmouth, N.S., says: "For years I was a sufferer from indigestion. I could not take food without feeling terrible distress afterwards, and in consequence I was badly run down. Sometimes after eating I would take spells of dizziness with a feeling of numbness throughout my body, and at other times my heart would palpitate so violently that I feared I would die. Naturally I was doctoring continually, but without getting better. Then my husband got me a supply of Dr. Williams' Pink Pills, and before long I found they were helping me, and I continued to take them until I was restored to health. I was never in better health than I am now, and I owe it all to Dr. Williams' Pink Pills."

These Pills are sold by all medicine dealers or you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

CORSETS OF TELEGRAPH WIRE

"Ladies" in Half-Civilized Countries Use the Material.

The telegraph, pioneer of electrical invention in all new countries, has had many remarkable experiences in linking up the outposts of civilization, and nowhere more than in the still half-savage islands of Malaysia, says a writer in the Wide World Magazine. In Sumatra, for instance, the rebellious Achines took the wires to hammer into slugs for their muskets; in Celebes unprotected lengths of the early lines were torn down and improvised into fish traps, while in Dutch Borneo the white porcelain insulators gave such a striking effect as necklace beads for the dusky jungle belles that the natives still steal them whenever opportunity offers.

But it has remained for the Dyaks of Sarawak—Rajah Brooke's remarkable little state in North Borneo—to cap the climax by stripping many miles of telegraph poles of their wire in order to turn the latter over to their tribal "modistes" to manufacture into "clothes" for their ladies. Long before the telegraph wire came, the principal article of trade with the Dyaks of Borneo was house wire, some of which was used for the making of bracelets and anklets, but the bulk was worked up into a remarkable corset for the women folk. The "garment," beginning a little below the waist—where it taxes the bedang, a strip of cotton cloth falling to the knees—ascends in broadening spirals to the shoulders. The spirals are connected with other pieces of wire, which have the effect of depriving them of all elasticity, and rendering the contrivance quite as rigid as its modern prototype of the enlightened Occident.

Under foreign influence it is becoming the custom to make these "cages," so that they may be removed at will, for bathing and even for sleeping, but in the remote Dyak villages this reform has not yet begun to make itself felt. There a girl, on reaching maidenhood, has a loose wire corset or fashionable shape built upon her, and to this her figure must grow, whether it chances to be along its natural lines of expansion or not. Only extreme illness—usually only the shadow of death itself—gives warrant for the removal of the galling grill, though it is also occasionally done in other cases.

Wire is wire in Borneo, and though brass trade wire was more refugent and "dressy" than telegraph wire, as long as the former cost a picul of damar or five piculs of copra for the requisite number of

spirals, while a dress length of the latter could often be had at the expense of a little climbing, there was no question which was going to be the more in demand. The flexibility of the telegraph strand admitted of a great variety of treatment, and very chic effects in weaves and twists were obtained with it that could never have been approached with the stiff brass trade wire.

COMMANDER OF HOME FLEET.

Admiral Sir George Callaghan Is An Irishman.

An Irishman is in chief command of Britain's home fleet. He is Sir George Astley Callaghan, K.C.B., and was born in County Cork 63 years ago. An Irishman of the old fighting breed, he is known in the navy as a brilliant officer. He was naval A.D.C. to the late King, whose judgment regarding men seldom erred. Edward VII. formed a very high opinion of his character and capabilities as a naval officer. Callaghan was one of the men spotted by Edward VII. as a coming man. He has worked his way up by sheer merit to his present responsible position, and is a general favorite in the senior service.

As admiral of the home fleets, he has command of several fleets, and his command bestows upon him the blue ribbon of the naval profession. His salary is £1,825 a year, augmented by table money to £1,642 (\$8,200), not a big salary when



Sir George A. Callaghan.

compared with the "plums" in other walks of life. His term of appointment will expire in December, by which time history will have been made.

Admiral Sir George Callaghan speaks Hindustani like a native, and knows every branch of his trade, from gun-efficiency to sea-plane fighting. He has filled several important commands, including the Mediterranean. In the Boxer trouble of 1900 he commanded the British naval brigade in the march to Peking, and was mentioned in despatches.

The flagship of the home fleets, on which Admiral Sir George Callaghan flies his pennant, is the Iron Duke. This warship is one of the latest super-Dreadnoughts, and was commissioned for the first time only a few months ago. She is 25,000 tons, carries ten 13.5 and twelve 6-inch guns. The entire fleet under his command number 200 ships all told, including 55 battleships of Dreadnought and pre-Dreadnought types, 4 battle-cruisers, 27 cruisers, 28 light cruisers, 78 torpedo-boat destroyers, and other auxiliary vessels. In addition, the fleets have a large number of sea-planes and airships, which will doubtless play a spectacular and useful part in any engagement that may take place.

No man can talk quite so eloquently as his money.

Landlady—I'll give you just three days in which to pay your rent. Stude—All right: I'll take the first of July, Christmas and Easter.

HOME

Pickling Time.

Utensils for Pickles.—Do not use cheap earthen crocks for cucumber pickles. The vinegar eats into the enamel, in the manufacture of which lead and other poisonous minerals are used. The wooden cask or the glass jar should be used. A recent test with the best of vinegar combined with the cellulose of raspberries so as to form a thick blanket of "mother" showed that it would eat through very heavy white enamel on iron. After the blanket was much reduced in thickness it dried into a thick and tough paper. Vinegar is strong stuff.

Pickled Horseradish.—Grate the horseradish, put in bottles, and cover with vinegar to each pint of which has been added one teaspoon of salt and one tablespoon of sugar.

Easy Cucumber Pickles.—To one gallon of vinegar add one cup of salt, one of mustard, and one of sugar. Wash medium sized cucumbers, never the small gherkins, and throw into this mixture. No cooking is required, and the pickles will keep without sealing for a year; but the addition of a horseradish root will improve them and add to their keeping qualities. This pickle has various names. It is sometimes called "lazy wife pickle." Leaving out the sugar and horseradish, it is called "mustard pickle" by humble people who have not porcelain kettles for cooking nor sealed containers for keeping pickles.

Pickled Celery.—The Orientals pour cold vinegar over a great number of single things, or combinations of fruits or vegetables to make a pickle or "tourshon." The following recipe from this source has been tried: Wash and cut stalks of celery into two inch long pieces and salt or other seasoning to taste with a crushed clove or two, if you choose, of garlic. Cover with vinegar and then with a tight cover. In two or three days this is ready to use. Green peppers, pierced, seasoned with salt, are treated the same way and ready as soon or they may be stuffed. Green tomatoes are treated the same as green peppers. Onions, garlic, cooked vegetables like carrot, etc., are treated in the same way.

Uncooked Chili Sauce.—Twelve ripe tomatoes, six onions, six small peppers, one-third of a cup of salt or less may do, and be better for the eaters, especially if the sauce is not to be kept for months, one cup of sugar, two cups of the best genuine cider vinegar. Peel and chop fine the tomatoes, onions and peppers, and add to them the seasonings, mixing well. Sterilize the bottles and fill them when cold. This will keep well in a cold place in bottles with tight stoppers. It is a very agreeable sauce, or even a relish, and will do nicely to mix with mayonnaise dressing for the Thousand Island salad dressing, or what is sometimes called cardinal mayonnaise or Portugaise, etc.

Selected Recipes.

Walnuts.—Mix one-half of a cupful of sugar, one cupful of molasses, one-third of a cupful of melted butter, one egg well beaten, one teaspoonful of cinnamon, and one-half of a teaspoonful each of ginger cloves, and salt. Add one teaspoonful of soda mixed with one teaspoonful of boiling water, and three and one-half cupfuls of flour. Pinch off small pieces, the size of an English walnut, roll them in sugar, and bake them in a quick oven. They will keep a long time—if locked up.

Carrots Creamed in a New Way.

—Take eight carrots, scrape and boil them for ten minutes in salted water, a dessertspoonful of salt to every quart of water, and strain them. Cut the carrots in rather thin slices, put them in a stewpan with two ounces of butter, half a gill of water, pepper and salt. Put the cover on the pan, and let the mixture simmer for twenty minutes, shaking the pan occasionally to insure even cooking. When the carrots are tender, add the yolk of one egg and half a gill of cream, beaten together; also half a teaspoonful of chopped parsley. Stir the mixture over the fire until it is thick, but do not boil it after the cream is added.

Date Pudding.—Six slices of buttered stale bread, two eggs, 1-3 teaspoonful of salt, two cups of stoned chopped dates, 1½ cup of milk, grated rind of ½ lemon, lemon sauce. Remove the crusts of bread, and cut the slices into dice; place a layer of these in a greased pudding dish, then a layer of dates, then more bread and so on until all are

READ THE LABEL

FOR THE PROTECTION OF THE CONSUMER THE INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL. IT IS THE ONLY WELL-KNOWN MEDIUM-PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM AND WHICH HAS ALL THE INGREDIENTS PLAINLY STATED ON THE LABEL.

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used, having bread for the last layer and putting a little of the grated lemon rind between each layer. Make a custard with the eggs and milk, add the salt and pour over the bread and fruit. Let the pudding stand half an hour, then bake in a moderate oven. Serve hot with a lemon sauce.

Two New Conserves to go With Meat.—Green tomatoes and Limes.

—Take an equal number of green tomatoes and pickled limes. Grind them together, and cook them until the mass is thick. Add half as many cupfuls of sugar as the number of tomatoes; that is, if there are twelve tomatoes and twelve limes, and six cupfuls of sugar. Boil the mixture ten minutes, or until it is very thick.

Ripe Tomatoes and Ginger.

Pare and slice four pounds of ripe tomatoes. Let them stand until the water has run from the fruit. Add three ounces of preserved ginger cut into fine pieces and the juice of one lemon with the grated peel, grated well into the white inner skin. Cook the mixture until it begins to thicken, and add four pounds of granulated sugar. Continue boiling the mass until it is very thick, stirring it continually to keep it from burning. Pour it into glasses, and when cool, cover the glasses with paraffin.

Household Hints.

Meats should not be pierced while cooking.

A dash of salt added to the whites of eggs makes them whip better.

Never slam the oven door, or jar any rising material while it is baking.

When watering a garden remember that a thorough soaking is better than frequent sprinklings.

Crumbs grated directly from the loaf give a more delicate color than dried crumbs to fried articles.

In a special section of the book dealing with dinner-giving, the hostess will find many valuable suggestions.

When washing neckwear the addition of ammonia or borax to the water will make the articles white.

A diet of oranges will clear muddy complexions and reduce fat. Eat half a dozen a day, if you like them.

Milk and butter should be kept in closely-covered vessels, as they readily absorb flavor and odor from other articles.

A frying basket should be warmed in the oven before being put into hot fat. It will thus not reduce the temperature of the fat.

Fish will be crisp and brown if it is thoroughly dried on both sides, then dipped in fine cornmeal and plunged into boiling fat.

A teaspoonful of dry mustard rubbed into the hands, after preparing onions or fish, will remove the odor completely. It should be rubbed in as if it were soap.

A piece of art gum will clean white leather girdles. A gentle rubbing will remove all spots that come from rubbing against objects in the hand or on the outside.

A thin coat of potash left on the sink over night once a week will remove the ugly stains that will not yield to kerosene. It should be applied with care, as it is poisonous.

Soiled and finger-marked birds-eye maple can be cleaned by washing with a soft rag and lukewarm water to which a little kerosene has been added. Rub dry quickly and polish with a soft cloth.

Most people do not realize that a stocking that is too tight is almost as bad for the foot as a shoe too small. Its most common effects are ingrowing toe-nails and enlargement of the big toe joint. Care should be taken that stockings be long enough. A foot 10-2-3 inches long and 3-4 inches wide cannot wear a stocking under size 11 without inducing a tendency to the above-mentioned complaints and to crumpling of the toes.

"Don'ts" For Wives.

Don't forget that cookery is not subject to the law of experiment—on husbands.

Don't forget that fine dresses can only come from a fine salary.

Don't let your tidiness become a tyrant.

Don't forget that a man who has tasted kisses does not appreciate pecks.

Don't set out to prove that a woman's tongue is length without depth.

Don't forget that, when he took you for his wife, he didn't promise to give up his friends.

Don't forget that the first sign of love ending is missed mending. See to his socks.

Don't forget that a man whose slippers are always warm and ready finds it difficult to refuse a new hat.

Don't try to stop a man's smoke and continue your own chocolates.

Don't forget that if you make his house his home he'll stay there. The spotlessly-clean house is not always the sweetest of sweet homes.

Never forget that where one won't quarrel, two can't. Compete to be the one.

Can't Help It.

"Which do you love most—your papa or your mama?" Charlie—"I love papa most." Charlie's mother—"Why, Charlie, I am surprised at you. I thought you loved me most?" Charlie—"Can't help it, mamma; we men have to hold together."

For the man with a chip on his shoulder—get an axe.

The Dentist (getting even with his photographer)—Look pleasant, please!

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