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The Home

Notes of Particular Interest to Women Folks

COOKING RECIPES.

Soft Molasses Gingerbread.—Stir together one cupful of molasses, one teaspoonful of soda, one teaspoonful of ginger and one tablespoonful of butter; then pour on this one-half cupful of boiling water and flour enough to make a thin batter. Bake about one inch deep. This is very nice if pains are taken to have the water boiling, and to beat it well when the flour is added.

Bungalow Sandwiches.—To two cupfuls of cold roast veal allow one cupful of cold boiled tongue or ham. To each cupful of this chopped mixture add a tablespoonful of melted butter, one teaspoonful of essence anchovy and one-half teaspoonful of lemon juice. Butter and slice the bread, toast each slice a nice, golden brown, spread with the mixture and serve hot, with olives.

Snowball Cake.—One and one-half cupfuls of sugar, three tablespoonfuls of butter, two-thirds cupful of milk, two cupfuls of flour, three eggs, whites, two even teaspoonfuls of baking powder, one teaspoonful of baker's extract of almond. Cream the butter and sugar, add the egg whites, milk, flour and baking powder sifted together, and then the flavoring. Bake in a square cake pan, and frost.

Maple Bisque.—Add the well-beaten yolks of four eggs to one cupful of rich maple syrup, mix well together, and cook in a double boiler until it thickens, stirring continuously. Remove from the fire, strain and cool. When quite cold whip it with an egg beaten until light, and stir in one pint of dry whipped cream. Beat all together until very light, and put into a mould. Set on ice and pack the mould.

Waffle Potatoes.—Peel large whole potatoes and cut each into flute shape by holding it first

lengthwise and then crosswise on a potato cutter. Keep the slices in iced water until ready to cook, when fry them a light brown in hot lard. Drain them carefully immediately upon their removal from the lard and keep in a covered vessel to retain their heat until ready to serve. Before serving drain again.

May Blossom Cake.—Beat to a cream three-quarters of a cupful of butter with one of sugar, add one-half cupful of sweet milk and two cupfuls of flour; then beat separately the yolks and whites of ten eggs, and after beating thoroughly together add to the cake mixture; stir in two teaspoonfuls of baking powder and lastly a cupful of blanched almonds. Cover with a white icing and place almond meats on top to suggest blossoms.

Boiled Pancakes.—Separate four eggs, whites and yolks. Beat the yolks until lemon-colored and thick and add one and one-half cupfuls of milk. Measure out one cupful of sifted flour and sift with it one-half teaspoonful of salt. Add the eggs and milk to the flour and beat until smooth. Beat the whites of the eggs to a stiff froth and fold into the mixture. Put a tablespoonful of butter into a frying pan and, when hot, pour in enough of the mixture to cover the bottom of the pan. Bake to a delicate brown on the under side, and when done spread with marmalade or fruit jam and roll up thickly. Dust with sugar and serve glazed with red-hot salamander, and sometimes a little grated lemon peel is added to the batter. These are also known as pancakes a la Celestine.

Sponge Custard.—One pint of milk, yolks of two eggs, white of one large, two if small; half an ounce of gelatine soaked in one-half cupful of cold water for twenty minutes; two tablespoonfuls of white sifted flour, two teaspoonfuls of vanilla and a pinch of salt. Scald the milk and stir into the well-beaten yolks and sugar and return to double boiler and cook and stir until it thickens. Melt the gelatin over the teakettle and add to the milk. Mix well to dissolve and then turn out to cool. As soon as it commences to congeal whisk it thoroughly with an egg beater and add to it gradually the white of an egg whipped to a stiff froth. Beat rapidly until quite spongy and then turn into a mould. Set in a cold place and let it stand for at least five or six hours before turning out. If convenient, make the day before.

USEFUL HINTS.

Emery powder will remove ordinary stains from knife handles. Celery contains sulphur and helps to ward off rheumatic pains.

If you are buying a carpet for durability, choose a small pattern. It is estimated that a quart of good milk has the value of a pound of beef.

To prevent knives from rusting, place a piece of charcoal in the knife box.

Place a lump of camphor in the chest with the silver and it will not tarnish.

Quickly apply raw egg to a cut; it will allay the pain and quickly heal the wound.

It is essential that cellars should be as sweet and clean as any other part of the house.

Hot water applied by means of cloths is a sovereign remedy for neuralgia and pleurisy.

Mold will not form on preserves and jellies if a box of lime is kept in the closet with them.

A little pipeclay dissolved in the

water clothes are washed and boiled in helps to whiten them.

To see to thread a needle easily hold a piece of white cloth at the back of the eye of the needle.

To clean a copper kettle, rub with powdered bathbrick and paraffin; and afterwards polish with dry brickdust or whiting.

When being put to bed for the night baby's eyes should always have a washing in boracic acid water.

A few grains of coffee burned or hot coals will purify the air in the sick-room and drive away any odor.

Cheese that is in danger of becoming too dry may be kept soft by wrapping it in a cloth wrung out in vinegar.

A small onion eaten raw before retiring will often result in a restful sleep, as onions are excellent nerve soothers.

ST. VITUS DANCE

Cured Through the Use of Dr. Williams' Pink Pills.

Chorea, or as it is more generally known, St. Vitus dance, is a disease that usually attacks the young children, though older persons may be afflicted with it. Its most common symptoms are a twitching of the muscles of the face and limbs. As the disease progresses this twitching takes the form of spasms in which the jerking motion may be confined to the head, or all the limbs may be affected. The patient is frequently unable to hold anything in the hands or to walk steadily and in severe cases even the speech is affected. The disease is due to debility of the nerves and is always cured by Dr. Williams' Pink Pills, which enrich the blood, tone and strengthen the nerves and thus restore the sufferer to good health. The following is a striking instance of what Dr. Williams' Pink Pills will do in this trouble. Mrs. Ohas. Phipps, Pelee Island, Ont., says:—"At the age of fourteen my eldest daughter, Edith, became much run down, and the trouble developed into St. Vitus dance. First her left arm became affected, then the left leg and entire left side. She grew so bad that she actually could not hold anything in her hand, and could only go about with a sliding, jerking motion. Notwithstanding that we were giving her medicine, she seemed to be growing worse, and finally her speech became much affected. We became so much alarmed about her that finally her father got a supply of Dr. Williams' Pink Pills, and we began giving her these. In the course of a few weeks she was much better, and before all the pills were gone she was again enjoying perfect health. This was in 1908, and as she has not had a symptom of the trouble since I feel justified in saying the cure is permanent."

Be sure you get the genuine pills which are sold by all medicine dealers or may be had at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

HOUSEHOLD HINTS.

Do not expect any dress, skirt or coat to look neat if pressing is omitted. It is one of the chief methods of perfect sewing.

Wall paper which is spotted with grease can be cleaned by rubbing the spots with a piece of flannel dipped in spirits of wine.

It is much better for children to sleep in the dark, and if accustomed to it from the beginning there is no trouble about it.

A few drops of paraffin added to the blacking will give a better gloss, and also improve the leather, no matter how damp the shoes are.

Brass that is badly tarnished may be cleansed by applying to the surface with a soft brush ammonia in which is dissolved a small piece of scouring soap. Polish with chamois skin.

White enamel paint, so much liked by some people, is best cleansed by using whiting instead of soap, as this preserves the color and cleanses the paint without injuring the surface.

To assuage thirst and cure feverishness, apple tea is a capital drink for sick people. It is made by slicing up raw apples into a jug, filling the jug with boiling water, as in tea-making, then sweetening to taste; when cold, this apple tea will be found pleasantly tart and refreshing.

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MAKING SAFE INVESTMENTS

PUBLIC UTILITY BONDS ARE IN DEMAND BY CANADIANS.

So Closely Held, However, There are Few For Sale—What Companies the Term "Public Utilities" Covers—Uneasiness Over Governmental Policy of Municipal Competition—Bondholders Safe, However—Real Estate an Important Item in Street Railway Assets.

The articles contributed by "Investor" are for the sole purpose of guiding prospective investors, and, if possible of saving them from losing money through placing it in "wild-cat" enterprises. The impartial and reliable character of the information may be relied upon. The writer of these articles and the publisher of this paper have no interests to serve in connection with this matter other than those of the reader.

(By "Investor.")

While public utility stocks are a very popular form of investment in Canada, public utility bonds are not, only because their amount is limited and practically all former issues are so closely held that investors rarely have an opportunity to purchase them. The companies are so generally prosperous that their bonds would become a favorite form of investment if there was a sufficient supply to create an active market.

The term "Public Utility" company covers such companies as street railway, gas, electric light and power, water and sometimes telephone companies.

The manner of deciding on the safety of the bonds of these various classes of companies differs in the matter of details, but the principals are in general the same in the case of all. The case of street railways is the one with which investors have to deal most often, and the general methods of investigation employed in this connection may be used with slight modifications in the case of all the others.

As regards the safety of street railway bonds some authorities suggest a three-fold examination, physical, financial and political. In Canada, in view of the attitude of the several provincial governments (particularly that of Ontario) regarding public service companies, one is tempted to make the political examination first, and if that appeared satisfactory then to take up the question of the physical and financial situation afterwards.

Avoiding the question of party politics and touching only on the investor's side of the question (admitting, of course, that there is much to be said on the part of the consumer) a cold-blooded examination of the political attitude respecting public service companies in Canada must fill one with alarm. Granting that they have been unwise in their policies and severe in their charges in some cases, the fact remains that more than one provincial government has passed statutes allowing municipalities to abrogate legal agreements largely for political reasons.

So far, happily, the bond holders of Canadian public utilities have suffered no loss as a result of these enactments, but the shareholders have been less fortunately situated, as anyone who holds stock in the London Electric Light, or formerly held shares in the Toronto Electric Light Company can bear witness. Even the bondholders of the Electrical

Development Company had a narrow shave. However, the Ontario Government appears to have come to a realization of the seriousness of injuring bondholders, and it is reasonable to assume that so far as they are concerned there is no menace in the Government's future policy.

In the case of the physical examination there is first the real estate holdings of the company to examine. In the case of a street railway company, there is necessarily a considerable quantity of real estate for sidings, car barns, power houses and offices. If the sale value of such property is equal to the amount of the bond issue there is no occasion for a further examination of the company's physical assets, for the bonds are quite exceptional. This, however, seldom happens, so that further examination is usually essential.

The usual policy in Canada is to construct the railway chiefly by sale of stock. Toronto Street Railway has, for example, less than \$4,000,000 of bonds outstanding against \$11,000,000 of stock which sells at over 130. There is, therefore, market value of junior securities in excess of \$14,000,000 behind the company's bonds. The company's real estate holdings are considerable. In addition to its office building it owns five or six large car barns and pleasure parks, etc., but in all, the total value of the real estate is considerably less than the amount of bonds outstanding and yet Toronto Railway bonds are of an exceptionally high class.

Other points in connection with the safety of public service corporations will be considered next week.

In boiling eggs hard put them in boiling water ten minutes and then put them in cold water. It will prevent the yolk from coloring.

To freshen a stale loaf of bread twist it up tightly in a paper bag and place it in a moderately hot oven. Rolls, buns, coffee-cake, etc., can also be treated successfully in the same way.

The possessor of very brittle nails should rub them at night with cold cream or vaseline, or, if they go to the other extreme and are soft and tender, wax and alum harden them.

WAS A CONFIRMED DYSPPEPTIC

Now Finds It a Pleasure to Enjoy Meals

Here is a case which seemed as bad and as hopeless as yours can possibly be. This is the experience of Mr. H. J. Brown, 384 Bathurst St., Toronto, in his own words:

"Gentlemen—I have much pleasure in mentioning to you the benefits received from your Na-Dru-Co Dyspepsia Tablets and can cheerfully recommend them. I simply had confirmed dyspepsia with all its wretched symptoms, and tried about all the advertised cures with no success. You have in Na-Dru-Co Dyspepsia Tablets the best curative agent I could find. It is now such a pleasure to enjoy meals with their consequent nourishment that I want to mention this for the benefit of others."

The fact that a lot of prescriptions or so-called "cures" have failed to help you is no sign that you have got to go on suffering. Try Na-Dru-Co Dyspepsia Tablets and see how quickly this sterling remedy will give you relief and start your stomach working properly. If it doesn't help you, you get your money back. 50c a box at your druggist's. Compounded by the National Drug and Chemical Co. of Canada, Limited, Montreal. 141

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