

# HOME

## FRUIT DAINTIES.

**Spiced Peaches.**—Four pounds of peaches, one cupful of vinegar, one tablespoonful of cinnamon, one tablespoonful of cloves, three pounds of brown sugar, one teaspoonful of ginger, one teaspoonful of salt, and one-eighth of a teaspoonful of red pepper. Boil the sugar and the vinegar. Scald the peaches, remove the skins and cook in the syrup. The spices in a bag and cook with the peaches. When the peaches are tender pour into stone jars, reheat the syrup every day for a week, pouring when boiling over the peaches. All kinds of small fruits may be spiced in this manner.

**Huckleberry Pie.**—Clean, pick and wash one pint of huckleberries; then drain them. Beat the yolks of two eggs and four heaping tablespoonfuls of sugar until light, add one tablespoonful of milk, then the drained berries. Line one pie plate with rich pastry, pour on it the berry mixture, put in the oven and bake a light brown; remove from the oven, spread with a meringue made of the whites of two eggs beaten stiff and four tablespoonfuls of sugar added. Brown nicely. The whites can be beaten with the yolks and sugar if preferred.

**Bananas en Casserole.**—Peel six ripe bananas, scrape off the coarse threads and cut the bananas in halves, lengthwise, and the pieces in halves, crosswise. Put the pieces into a casserole. Melt a small glass of apple jelly in one cupful of boiling water and pour over the bananas, then squeeze over them the juice of half an orange; cover the dish and let it cook in a moderate oven for half an hour. Serve from the casserole as a sweet entree with roast beef or mutton or with beef-steak.

**Grapefruit Sherbet.**—Six grapefruit, three cupfuls of sugar, two cupfuls of water, two tablespoonfuls of powdered gelatin and the whites of two eggs. Put the gelatin into a saucepan, add the water and the strained juice of the grapefruit and bring to boiling point. When cool freeze partially, add the whites of the eggs beaten up and finish freezing.

**Apple Fluff.**—Two cupfuls of grated sour apples, five tablespoonfuls of powdered sugar, a quarter of a teaspoonful of grated nutmeg and three whites of eggs. Add the sugar to the apples while grating them, then add the nutmeg and the whites stiffly beaten. Beat thoroughly for ten minutes. Serve in dainty glasses.

**Pineapple Dainties.**—Cook one cupful of grated pineapple, one-fourth of a cupful of sugar, the grated rind and strained juice of one lemon, a pinch of salt and two yolks of eggs until thick, but do not allow it to boil. Chill and fold in half a cupful of stiffly beaten cream. Spread between slices of fresh or canned pineapple, decorate with a star of whipped and sweetened cream flavored with half a teaspoonful of orange extract. Put half of a walnut meat on the top of each star of cream.

## KITCHEN KINKS.

Elasticity is restored to rubber by soaking it in one part ammonia and two parts clear water until the desired results are obtained. This is specially true in the case of rings or other articles that have become stiff and brittle.

Keep a piece of sandpaper handy to the sink where the dishes are washed. It will prove invaluable. When a stubborn spot on a burned kettle refuses to move through the

aid of a wire dishcloth, use a piece of sandpaper. It is an aid in cleaning a gas stove. Fold a piece over a knife and you can quickly remove all grease or dried food that sticks to the corners.

Cut sheets of tinfoil and place under the flower vase doilies and you will have no trouble with any dampness affecting the best polished furniture.

Every woman knows the irritation of finding a favorite waist, petticoat or corset ready for the laundry just as she wants it most.

A clever housewife, however, has thought out a way to launder such an article of clothing quickly. Wash the garment and starch as usual, but instead of hanging it out in the open air, lay flat on a very heavy Turkish towel.

Then, beginning at one end, roll the towel and garment as tightly as possible. If laid in a warm place the towel will have absorbed enough moisture in a very short time to permit the garment to be ironed.

Before washing any piece of willow furniture brush it thoroughly, so as to remove every particle of dust. Otherwise no amount of washing will get the furniture clean.

## WASHING DISHES.

The bacteriologist finds no kitchen clean enough and the ordinary methods of washing dishes he is likely to call a "smear."

Dishes have been tested to determine the number of organisms that remain on them after "ordinary" washing as compared with a method that requires an application of hot water with the help of soap or, better still, carbonate of soda, a thorough rinsing in hot water, and wiping with a sterilized cloth (that is, one which has been in boiling water since it was used before). By this latter method the dishes were practically sterile, while many organisms were left on the dishes that were washed by the "ordinary" method.

One might ask what harm will they do. Oftentimes none, but if the bacteria are those which convey disease, dirty dishes may be the means of giving it to well persons. But most of all, persons who are at all thoughtful of such things do not want any dirt which may be prevented by good methods, simply because dirt in itself is sufficiently unpleasant.

In washing milk utensils it is first necessary to remove with warm water all traces of the milk before scalding water is used. Because of the cream adhering to the sides soap is used also, but the greatest care must be taken to remove by repeated rinsing every trace of soap. A telltale flavor of soap in the morning cream has more than once revealed careless habits in the kitchen, and made it evident that all the soap was not removed in rinsing. The utensils must then be dipped into absolutely boiling water for a moment.

It is an important matter to wash the milk bottle in which milk is now commonly delivered to customers. By this we refer to the washing of the full bottle before it is opened. It is safe to say that this is seldom done. But notice the bottle as it is brought into the kitchen, the milkman grasping it with his hand over the top.

These hands perhaps more often than not have harnessed his horse, have been grasping the reins all the morning, have opened and shut doors, run along stair railings, have perhaps wiped mouth or nose, and yet the thoughtless housekeeper or cook, regarding the white cap as full security from the outer world, pours out the milk over a very dirty bottle brim.

Milk bottles should be put under the hot water spigot for a moment and wiped dry with a clean cloth before opening.

Most housewives agree that milk

bottles should be carefully rinsed before they are returned, perhaps more from a feeling for cleanliness than for absolute necessity, as the milk bottles in all well-managed dairies are thoroughly scrubbed and washed before refilling. If such violations of this practice as recently came under observation are noted, when the driver of a dairy wagon washed out some milk bottles in a public drinking fountain provided for horses, refilled them and disposed of them to other customers, complaint should be made to the dairy and, if this is not sufficient, to the board of health.

## DEAFNESS PREVENTABLE.

Doctor Urges Treatment of Symptoms in Children.

Dr. MacLeod Yearsley, recently at the British Health Conference, contributed a valuable paper on "The Prevention of Deafness in Children," in which he stated that most of the cases of deafness which occurred after birth were preventable. He enumerated the common causes of deafness in adults which were traceable to neglect of the same in their childhood, and urged that if the early symptoms of defective hearing were checked there would be far fewer cases of deafness among adults. This is knowledge that cannot be too widely diffused, seeing that deafness is said to be very prevalent just now among schoolboys.

## THE WAY OUT.

Change of Food Brought Success and Happiness.

An ambitious but delicate girl, after failing to go through school on account of nervousness and hysteria, found in Grape-Nuts the only thing that seemed to build her up and furnish her the peace of health.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School, but soon had to abandon my studies on account of nervous prostration and hysteria.

"My food did not agree with me, I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines.

"This wretched condition continued until I was twenty-five, when I became interested in the letters of those who had cases like mine and who were getting well by eating Grape-Nut."

"I had little faith but procured a box and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food. I slept and rested better that night, and in a few days began to grow stronger.

"I had a new feeling of peace and restfulness. In a few weeks, to my great joy, the headaches and nervousness left me and life became bright and hopeful. I resumed my studies and later taught ten months with ease—of course using Grape-Nuts every day. It is now four years since I began to use Grape-Nuts, I am the mistress of a happy home, and the old weakness has never returned." Name given by Canadian Postum Co., Windsor, Ont.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## CRUELTY TO RELATIVES.

Little Alice, whose parents were well-to-do, and who lived in a large house with a dozen servants, had been invited out with a tiny friend whose people were not quite so well off.

All the same she had a very good time, and enjoyed the visit greatly. On the way home she told her mother, who had come to fetch her, all about it.

"So you had a nice time, dear?" inquired the fond mother.

"Oh, yes!" replied the child.

"But there was one thing."

"What was that?"

"Well, I hate to tell you about it; it seems so cruel, and you mightn't let me go again."

The mother promised that that wouldn't happen.

"They used their own grandmother for a cook!" whispered the child, in a tragic tone.

## NOT AT HOME.

Warden (entering cell) — "Your wife is here asking to see you."

Convict (in desperation) — "Phew! Tell her I'm out."

One way for a man to find out just what a woman really thinks of him is to make her angry.



To guard against alum in Baking Powder see that all ingredients are plainly printed on the label. The words "No Alum" without the ingredients is not sufficient. Magic Baking Powder costs no more than the ordinary kinds. Full weight one pound cans 25c.

E.W. GILLETT COMPANY LIMITED  
TORONTO, ONT.  
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## DRUG ADULTERATION OLD.

Practice in Ancient Egypt Suggested by First Century Note.

There has just been placed on exhibition in the Graeco-Roman gallery of the British Museum, London, England, a small letter which dates back to the first century A. D. and which throws light upon the medical profession of that period.

The letter is written upon a sheet of papyrus about the size of a half sheet of ordinary note paper. The writer was a certain Procleius, a resident of Alexandria, the recipient being a drug merchant named Pecysis at Oxyrhynchus in the Fayum. The missive reads as follows: "Procleius to his dearest Pecysis, greeting!"

Be so good as to sell at your risk good quality of those drugs which my friend Sotas says that he has need of, so that he may bring them to Alexandria. For if you do otherwise and give him stale stuff, which will not pass muster in Alexandria, understand that you will have to settle with me in regard to the expenses.

Greet your family. The letter was folded and sealed with a clay seal and was indorsed to Pecysis. It is conjectured that he was one of those Greek merchants who employed native Egyptians to gather samples for them and prepare extracts and decoctions which they supplied to the doctors of Alexandria and other great cities.

The discovery of the letter affords a new illustration of the unchanging character of life in the east. Many drug sellers of precisely the same character are to be found today in Akhmin, Girgeh, and other towns of the Nile Valley.

The tone of the letter indicates that the commercial standards of the drug dealers of that city were open to criticism.

## TURN YOUR TIME INTO MONEY

There is a firm in Toronto who give hundreds of men and women an opportunity to earn from \$250.00 to \$1,500.00 every year with but little effort. This firm manufactures reliable family remedies, beautiful toilet preparations and many necessary household goods, such as baking powder, washing compounds, stove, furniture and metal polishes, in all over one hundred preparations that every home uses every day. Just one person in each locality can secure exclusive right free to distribute these preparations to their neighbors. They pay 100 per cent. commission to their agents. Don't you think you better increase your income? If so, write The Home Supply Co., Dept. 29, Merrill Building, Toronto, Ont., for full particulars.

A small boy tries to practice economy in the use of toilet soap.

You can't keep a good man down; likewise an upstart.

To a girl of sweet sixteen a love letter looks like the advance agent of a wedding feast.

## OUR SEPTEMBER LIST

# OF INVESTMENT SECURITIES

now in press. We will be glad to forward copy on application.

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## MAKING SAFE INVESTMENTS

AN INTERESTING COMPARISON OF BONDS AND MORTGAGES.

The Experiences of Two Men, One of Whom Invested in Bonds and the Other in Mortgages—Bonds are Readily Negotiable, Mortgages are Not.

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.")

A few years ago—it was in the panic year of 1907—a man possessed a mortgage which he wanted to sell and couldn't—next tried to realize on it by using it as collateral security at a bank for a loan. Now, under the Bank Act, banks are wisely prevented from loaning on such fixed security as mortgages. You see, a bank's business is essentially a cash business, and its assets have to be such as may be readily turned into cash. They may, therefore, buy bonds or loan on bonds or stocks, but not on mortgages. So, of course, the bank couldn't loan this man any money on the mortgage. At one bank, however, he knew the general manager, and knowing that the mortgage was a good one and the man honest the banker loaned him the money on his note, taking his verbal promise not to use the mortgage without paying off the note.

That is one of the greatest drawbacks to loaning money on a mortgage—it is so difficult to cash it in if one requires the money unexpectedly, or even to get a loan on it.

During the same year a man had some bonds which he had bought as an investment. Now, 1907 was a year when, as everyone will remember, money was exceedingly scarce. As a result he had to raise some money, and to do so he went to his banker with the bonds. "Certainly," said the banker, "we can loan you up to 90 per cent. of the value of those bonds"—they were bonds of fairly well-known municipalities—"or you can, of course, sell them and get about 98 per cent. of what they cost you."

This man didn't want nearly 90 per cent. of the value of the bonds, nor did he particularly want to sell them, so he borrowed what money he needed and put up the bonds as security. So soon as the stress was over he paid off his loan and put his bonds back in his strong box.

Mortgages are, without doubt, a very excellent form of investment and one which people with lots of money and with no occasion to have to realize on them at short notice may purchase if they use care. They are, of course, in many ways a nuisance because they involve a whole lot of attention to details. Insurance, titles, valuation and upkeep are matters which require more or less attention and the best legal advice is necessary in drawing them up and searching the titles. But for those with lots of time to attend to such matters they are satisfactory.

On the other hand bonds, carefully chosen, involve no more bother than the cutting off of coupons every half year and depositing them in the bank. Of course, anyone buying bonds must look into the matter very carefully. Bonds carrying bonuses of common stock are necessarily speculative and should be avoided by those who cannot afford to take chances. On the other hand, in the case of industrial bonds, the assets should amount to at least twice the bonds issued and the greater this proportion is the better.

Earnings, too, should be over twice the amount required for bond interest. If a company issuing bonds has outstanding shares on which it has been paying dividends all the better; for the bond's interest comes before the stockholders' dividends, whether they own preferred or common stock. A careful investor, however, will not buy a bond of a company which cannot show at least earnings for the past three years which average well in excess of the amount required for bond interest.

In municipalities one need not be so exacting. No villages and small towns be avoided—one may buy with confidence.

## GRAINS OF GOLD.

A numerous class of females practically account uselessness an essential element of ladyhood.—Dr. Arnot.

Don't you go believing in sayings; they are all made by men for their own advantage.—Thomas Hardy.

The noblest service comes from nameless hands, and the best servant does his work unseen.—O. W. Holmes.

Those with whom we can apparently become well acquainted in a few moments are generally the most difficult to rightly know and understand.—Hawthorne.

The world will never be in any manner of order or tranquility until men are firmly convinced that conscience, honor and credit are all in our interest.—Steel.

A man's purpose of life should be like a river, which was born of a thousand little rills in the mountains; and when at last it has reached manhood in the plain, all its mighty current flows changeless to the sea.—H. W. Beecher.



## SOAP FOR THE LETTUCE.

Mrs. Newlywed—"Good gracious, Clotilda! Haven't you washed that lettuce yet? And your master ready for his luncheon! Here, give it to me! Where's the soap?"