

PALE AND SICKLY BOYS AND GIRLS

Need All the Strength That Good Red Blood Can Give

Youth is the time to lay the foundation for health. Every boy and girl should have plenty of pure, red blood and strong nerves. With thin, impure blood they start life with a handicap too great to win success and happiness. Pure, red blood means healthful growth, strong nerves, a clear brain and a good digestion. In a word, pure blood is the foundation of health.

The signs of thin, impure blood are many and unmistakable. The pale, irritable boy or girl, who has no appetite or ambition, is always tired out, melancholy, short of breath, and who does not grow strong, is the victim of anaemia, or bloodlessness—the greatest enemy of youth.

There is just one thing to do for these boys and girls—build up the blood with Dr. Williams' Pink Pills for Pale People. You can't afford to experiment with other remedies for there must be no guesswork in the treatment of anaemia. Through neglect or wrong treatment anaemia gradually develops into the pernicious form which is practically incurable. Dr. Williams' Pink Pills work directly on the blood, giving it just the elements which it lacks. In this way these Pills build up every organ and nerve in the body, thus developing strong, rugged boys and girls. Miss Anna Loseke, Grand Forks, B.C., says: "I think that before taking Dr. Williams' Pink Pills I was one of the most miserable girls alive. I was hardly ever free from awful headaches, was as pale as a ghost, and could not go upstairs without stopping to rest. Now since taking the Pills the headaches have gone, my appetite is good and I am equal to almost any exertion, and you may be sure I will always recommend Dr. Williams' Pink Pills."

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PHILIP SNOWDEN, M.P.

Socialist M.P. Is An Implacable Fighter for the Cause.

Philip Snowden, M.P. for Blackburn, England, who has been spending a few days in Toronto with his clever wife, is one of the heroes and leaders of the Socialist movement in Britain. His election in Blackburn seven years ago was the first big election win for the Socialists.

Mr. Snowden, now in his fiftieth year, is an apostle of revolution rather than reform. He has the reputation of being such a thorough Socialist that he would willingly go to the stake for the cause. Snowden cares nothing for himself, his personal success and political rewards. He is a zealot. Lloyd George's Liberalism is no more pleasing to him than the Conservatism of Bonar Law and Austen Chamberlain. Lloyd George aims to reform abuses and readjust a deranged system of social life. Snowden wants revolution—bloodless, but nevertheless radical and absolute. Efforts to reform society, he deems, were hurtful trifling; he would cut under the whole fabric of society as it is and send it tottering into collapse.

Liberalism he regards as more dangerous to his cause than Conservatism—the latter holds out no hope of a change and in a sense justifies revolt, but Liberalism, with its forms, lessens the strength of Socialism and kills its nerve.

Like An Accuser.

Snowden is numbered with the Labor members, but he is not of them. They are too yielding for him. His voice is shrill, and as he speaks in the House of Commons he points a long lean finger, accuser-like, at the man he attacking, and that man is frequently Lloyd George.

Mrs. Snowden is an ardent suffragist—but not a militant. She does not agree with the Pankhurst methods, but she speaks sympathetically of the militants and defines them as being more sinned against by the Government than sinning.

Mrs. Snowden is a clever little woman, with a voice as clear as a bell and a pronounced turn for logical argument and sarcasm. Torontonians will remember that she spoke in Massey Hall some years ago just after Mrs. Pankhurst had been here. She has the saving touch of humor that keeps her audience in good spirits, and when she spoke here, one of her most pronounced hits was a burlesque of Austen Chamberlain. This is how she told it: "Adjusting his eyeglass and consulting his notes he began:

"Ladies and gentlemen—oh (that's Parliamentary)—I do not believe in votes for women. I—ah—do not believe in votes for—ah—

women. Men—ah—are men. Men are men. And—ah—women are women. Nature made them—ah—different. An Act of Parliament cannot make them—ah—the same.

"In the face of this astonishing piece of information how could they go on?" ended Mrs. Snowden amid ironical cheers and laughter.

Satire on Mrs. Ward.

Her satire on the attitude of Mrs. Humphrey Ward, the noted novelist, toward the suffrage movement was also very funny. She said that Mrs. Ward was not in favor of votes for women, and then folding her hands and turning her eyes downward she said in prayerful tones "for which we may be truly grateful. Amen."

She had no patience with any specimen of arrested development. "Havelock Ellis has described the



Mr. Philip Snowden, M.P.

womanly woman as a cross between an angel and an idiot," says Mrs. Snowden. "Mr. Ellis knew what he was writing about. It is the anti-suffragist that would make women coarse, never permitting her to forget her sex."

"If the suffrage movement means one thing more than another, it



Mrs. Philip Snowden.

means less of sex and more of humanity. That does not mean any defection from the sacredness of motherhood—her noblest work."

"The average noble woman looks for a home, desires a home, but it does not follow that the woman who never goes beyond her own four walls will make the best wife and mother."

TOO OLD AT FORTY.

Should Be at Your Best at That Age.

What an absurdity this is! In manual labor the man or woman of forty is at the best; full of experience and expert from long practice, steady in the settling-process worked by the years, and probably free from the emotional disturbances that occasionally interfere with work in the younger and more susceptible years. As to brain work one is just coming into one's kingdom at the age of forty, discovering one's territory, and aware of outlying districts yet to be explored. The artist, the sculptor, the musician, the scientist, the litterateur know this well. He is adding every day to the stores of a well-garnished intelligence, and increasing them by the mere process of drawing them out and utilizing them, applying them to his work, and finding new riches in every morsel of them. And then there are the qualities of the worker which improve with years. At forty one is more patient, more persevering, more resolute and intent, better fortified against the natural inertia of human nature; in other words, better inured in that self-conquest which is inseparable from, because necessary to, sustained effort. Surely the man or woman of forty has the advantage in all these ways over juniors of twenty-five or thirty.

HOME

Jam Recipes.

Melon and Pineapple Jam.—Six pounds of melon (three rather small ones), about a pound and a half of pineapple either fresh or tinned, four pounds of sugar, two lemons. After taking off the skin in the ordinary way pare the melons again and this second paring chop rather finely. Cut the remainder of the melons into half inch dice, mix with them the minced melon, the finely grated rinds of the lemons and the sugar and macerate until the following day. Cut the pineapple into very small pieces and leave it covered overnight. To the trimmings of a fresh pine or the juice from tinned pineapple add the pulp and seeds taken from the melons; barely cover with water, boil gently for about forty minutes, then strain and if necessary boil again until reduced to a teacupful. Next day boil the melon, sugar and liquid from the seeds gently for an hour, then put in the pineapple. About twenty minutes subsequent boiling usually thickens it sufficiently, the lemon juice being added five minutes before completing the process.

Melon and Plum Jam.—Four pounds of melon (two rather small, firm ones), four pounds of red plums five pounds of sugar. Halve and stone the plums and mix with them about half of the sugar. After removing a thick paring from the melons, cut them into half inch dice and add the remainder of the sugar. Cover the pulp and seeds of the melons and the stones taken from the plums with water, boil them for about half an hour, then strain. If necessary reduce the liquid to a teacupful by rapid boiling; remove the kernels from the stones and mix them with the plums. Allow the whole to stand covered in separate vessels for a day and a night. When ready boil the melon and liquid from the seeds for forty minutes, then put in the plums and continue the slow boiling until it sets lightly when tested—usually from thirty to forty minutes longer.

Pickled Melon.—Two pounds of melon, one pound of sugar, two lemons, two pints of good vinegar, four teaspoonfuls of peppercorns, two teaspoonfuls of allspice, twelve cloves, a level teaspoonful of salt. After paring the melon cut it into pieces an inch wide and three inches long, pour over them the vinegar and cover closely. On the third day following drain off and heat the vinegar, and when nearly boiling, add the melon and finely grated rinds of the lemons. As the pieces of melon become clear transfer them to a dry jar. When all are done mix with the boiling vinegar the sugar, spice and salt, boil it slowly for twenty minutes and toward the end add the juice of the lemons, also a little more vinegar should not enough remain to fill the jar or jars almost to the brim. Pour it over the melon while boiling and fasten down immediately. The pickle will keep almost indefinitely in screw topped jars or closely sealed bottles.

Melon Compote.—A fairly ripe melon half a pint of fruit juice, sugar, arrowroot, lemon juice or other flavoring. A very thick paring must be taken off the melon, or two thinner ones, mixing the inner one and the seeds and pulp with the fruit stewed to provide the juice. The red juice yielded by red currants gives the best effect, though in point of flavor the compote is no less good when raspberry, red plum or even clear rhubarb juice or tomato syrup takes its place. The fruit from which the juice is extracted should be slowly cooked with just a little water in a jar or enamelled pan. Usually the juice is sufficiently clear when passed through a fine strainer, but if not strain it through a scalded jelly bag or old table napkin tied to the legs of a reversed chair. Re-heat and sweeten to taste and in it simmer a few at a time until they become transparent narrow pieces of melon about two inches long. When all are done thicken the liquid to the consistency of thin cream with arrowroot (not corn flour) and flavor it with lemon juice or a little brandy or liqueur. Though ready to serve when cold, it will keep a week or two in a covered jar.

Tomato Syrup.—After roughly slicing the tomatoes cook them very slowly in their own juice by the side of the fire either in a covered jar or enamelled saucepan until reduced to shreds. The pulp may then be either drained in a scalded jelly bag or first drained in an enamelled colander and afterward passed through a strainer to remove the seeds. For each pint of liquid al-

low three-quarters of a pound of sugar. Boil the two together to a thick syrup, which usually takes about an hour, and skim when necessary. Either hot or cold this will be found a good sauce to serve with blanc mange or farinaceous puddings; is also forms a capital basis for fruit compote or a good substitute for sherry when making a trifle and it is easily stiffened by adding gelatine or arrowroot. It will keep for a year or two in screw top jars.

Red Bramble Jelly.—Unripe blackberries, sugar, lemons. Gather the brambles before they begin to turn black. Remove the stalks, wash well, then cover them with water. Boil them steadily for half an hour, bruising them well at the side of the pan as soon as they begin to soften. The slow process of straining through a jelly bag is not really necessary, as the jelly is quite clear when first passed through a colander and afterward through a strainer—both enamelled, of course, since metal would destroy its beautiful red color. And it is well worth while to leave the residue draining on inclined dishes or large plates for two or three days, as the juice which runs off is so clear and red as to be a good substitute for the juice of red currants. For each pint of liquid add from three-quarter to one pound of good preserving sugar, according to degree of sweetness liked, and boil the two together until it stiffens when tested. If caught at the right moment it will set when it has boiled for about twenty minutes, but once this stage is passed the boiling must be continued for at least twenty minutes longer. Lemon juice to taste should be added when the jelly is nearly ready. The sub-acid flavor of this jelly is very agreeable in a Swiss roll or Victoria sandwich. When boiled only to a thick syrup and stored in screwtop jars, it will keep good for months, and will be found useful to serve either hot or cold with blanc mange or plain souffles or farinaceous puddings.

Household Hints.

To remove the rusty appearance from suede shoes or slippers use a mixture of olive oil and ink in equal parts.

Water when macaroni has been boiled in it makes a nice thin starch for lingerie garments. Also gives a pretty gloss to colored gingham.

When washing china with gilt upon it, never use soda. Rub a little soap on the dishcloth to make a nice lather, then rinse in clear cold water.

The up-to-date housewife taboos all heavy cooking utensils. Those of light aluminum, granite and double-plated tin are great savers of energy.

If you spill tea on, a tablecloth cover it with common salt and leave it on for a while. When the cloth is washed, all stains will have disappeared.

Before washing fine lace or muslin collars and cuffs, baste them to a piece of heavier muslin and it will not be apt to stretch or tear in the process of laundering.

A good plan is to keep buttons in glass bottles. A glance tells you exactly what is inside, thus saving a good deal of time which would be taken up in turning over the buttons if put in a box.

Corks may be made airtight and watertight by keeping them immersed in oil for five minutes.

To remove coffee stains, mix equal parts of yolk of egg and glycerine, apply to the stain, and allow to dry on. For a light silk garment the glycerine should be mixed with water instead of yolk of egg.

Should the inkpot be accidentally upset on the tablecloth or carpet,



pour a little cold water over it at once. The ink will float on the water, and when the cloth or carpet is rubbed dry no stain will show.

Of Course Not.

"I'll tell you a great secret, but you must promise not to give it away." "Of course not." "I believe Miss Birdie McGinnis is gone on me. I've almost made up my mind to pop the question." "What did she say to you?" "She didn't say anything to me precisely, but on Tuesday she patted my dog on the head. Isn't that an encouraging sign?" "Yes; that's the next thing to patting you on the head. Your turn will come next."

The average man might just as well fall in love, for he has to make some kind of a fool of himself.

If it is true the good die young, will the oldest inhabitant please offer an explanation?

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