HOME

Cooking for the Sick.

A Pot of Coffee (boiled).—One-half cup ground coffee, one-half egg, three quarters cup cold water, three cups freshly boiled water—Mix the coffee with egg and one-half cup cold water, add boiling water, boil five minutes, remove to back of range, add one-quarter cup cold water and allow it to settle five minutes. Serve.

Filtered Coffee. — One-half cup ground coffee, three cups boiling water—Spread a piece of filter paper or fine cloth over coffee pot, place coffee on it, pour boiling water over it; when it has filtered through pour it out and turn it through the filter again.

A Cup of Filtered Coffee.—Two tablespoonfuls ground coffee, one cup freshly boiled water. Scald the cup, place a piece of filter paper or fine cloth over cup, place ground coffee in it, pour boiling water over it, and allow it to filter slowly through. This is a useful way of making coffee when a small quantity is needed in case of an emergency.

Tea.—Allow from one to three teaspoonfuls of tea to two cupfuls of water, using less of close rolled than of coarse, loose teas. Use freshly boiled water, scald the teapot, put in the tea and pour in the boiling water; allow it to stand covered three to five minutes and serve immediately.

A Pot of Tea.—Three teaspoonfuls tea, two cups freshly boiled water. Scald an earthen or china teapot, put in tea, pour on water, and let stand five minutes on the back of range; strain and serve immediately.

A Cup of Tea.—One teaspoonful tea, three-quarters cup freshly boiled water. Heat a cup, put in tea, pour on water, cover and let stand in warm place from three to five minutes. Strain into a hot cup and serve with cream and sugar.

Barley Water.—Two tablespoonfuls barley, one quart cold water. Wash barley, add water and let soak a few hours. Cook in same water until water is reduced one-half, if it is for infant feeding; for adults reduce to one cup. Salt and cream may be added or lemon juice and sugar, as the case may require.

Currant Jelly Water.—Two tablespoonfuls currant jelly, two tablespoonfuls syrup, two tablespoonfuls lemon juice, two-thirds cup cold water. Mix ingredients in order given.

Albumen Water.—White of one egg, one-half cup cold water. Stir white of egg with silver fork to set free the albumen, that it may easily dissolve, as the water is added gradually, strain and serve. A few grains of salt may be added if liked.

Toast Water.—Two slices stale bread, one cup boiling water. Cut stale bread in one-third inch slices and remove crusts. Put in pan and bake in slow oven until thoroughly dried and well browned. Break in small pieces, add water, cover, let stand one hour. Squeeze through cheesecloth. Season with salt and serve hot or cold. It often proves efficient in extreme cases of nausea.

Syrup for Fruit Beverages. — Three-quarters cup sugar, three-quarters cup boiling water. Add sugar to boiling water, stir until sugar is dissolved, then let boil without stirring twelve minutes. Cool and bottle.

Just what you need after a hard day's work—A Refreshing cup of

LIPTON'S TEA

Goes farthest for the money

THE SPRING CLIPPING OF HORSES.

The modern practice among the best posted and most progressive horse owners and farmers is to clip all horses in the spring. It is done on the theory that in their natural state horses were not obliged to work, so could shed the winter coat in comfort over a period of several weeks. Since we oblige them to do hard work on warm spring days, the winter coat should be removed for the same reason that we lay off our heavy winter garments. Clipped horses dry off rapidly, hence they do not take cold as easily nor are they as prone to be affected with other ailments as unclipped animals whose longer hair holds the perspiration for hours. Because clipped horses dry off rapidly they rest better, get more good from their food and come out in the morning refreshed and fit for work.

Since the advent of the ball bearing enclosed gear clipping machine, the work of taking off the winter coat is easy. With the machine a horse can be clipped all over in half an hour, whereas with the old two-hand clipper it required several hours to do it.

Dairymen also now clip the cows all over two or three times a year. The flanks and udders are clipped every three or four weeks, so it is easy to clean the parts before milking. This means less opportunity for dirt and other impurities to get into the milk.

Tips to Housewives.

When buttons are taken from an old dress they should be strung on a string before putting them into the button box.

Rancid butter can be sweetened by cutting it into two or three pieces and allowing it to stand in sweet milk for six or eight hours.

White discolorations on furniture are successfully removed by rubbing them lightly with a soft cloth moistened with essence of peppermint.

Small boards on which to set saucepans, kettles, frying pans, etc., can easily be made, and they are a great saving to the kitchen table.

When a sponge becomes slimy, soak it in strong borax water, wring out and renew the water. Continue this until the sponge becomes clean.

Flatirons, when put away for some time, should be rubbed on the bottom when slightly warm with a mixture of vaseline and sweet oil.

If a small amount of moist cotton is wrapped around the stems of flowers before the tinfoil is put on the flowers can be worn much longer.

Rub your eyeglasses with vaseline, then with a silk handkerchief. When you go out into the cold they will not become covered with steam.

Lemon syrup made by baking a lemon for 20 minutes and then squeezing out the juice in half a cup of sugar, is very good for hoarseness.

Steel knives can be very well cleaned by a paste made of emery powder and oil.

Muslins must be ironed wet. If allowed to get dry they will have a rough appearance.

Fruit jars can be easily opened if you will take hold of the top with a piece of sandpaper.

Scissors are excellent to shred lettuce; they are much more convenient than using a knife.

Always use cotton instead of silk when mending gloves. The cotton will not pull the kid.

In starching colored muslins, do not allow the starch to be too hot; it will destroy the color.

Stains on mirror glasses can be removed with a flannel cloth dampened with spirits of camphor.

A little flour sifted into the fat before frying mush will prevent the fat from spluttering and flying.

When beating butter and sugar to a cream a perforated spoon will be found more convenient than a fork.

A piece of wire screen cut to fit and put in the bottom of the oven will prevent it from burning things on the bottom.

A few drops of blue washing fluid added to the water in which glasses are rinsed will make them sparkle.

It is better not to put a bed spread through the wringer after the last rinsing; hang it on the line driping wet.

All muslin should be starched wet. If they are starched dry they never look so clean.

Remove ink and fruit stains from the floor by washing the stained part with cold water, then covering it with baking soda. When dry wash off the soda.

Rub a little butter under the edge of the spout of the cream pitcher; it will prevent a drop of cream from running down over the pitcher.

Before washing lace curtains, baste a narrow strip of muslin along the outer edge, allow it to remain until the washing and drying process is complete.

In washing colored muslins the colors are likely to run. Soak it first in salt and water, allowing a handful of salt to one gallon of water. Then wash in tepid water.

THEN THE STORM BROKE

Wife—Do you know, Henry, you haven't given me a kiss for a week?

Professor (very absent-minded)—Is it possible? Dear me, I wonder who it can be that I've been kissing the past week then?

CLEAR HEADED.

Head Bookkeeper Must be Reliable.

The chief bookkeeper in a large business house in one of our great Western cities speaks of the harm coffee did for him. (Tea is just as injurious because it contains caffeine, the same drug found in coffee.)

"My wife and I drank our first cup of Postum a little over two years ago and we have used it ever since, to the entire exclusion of tea and coffee. It happened in this way:

"About three and a half years ago I had an attack of pneumonia, which left a memento in the shape of dyspepsia, or rather, to speak more correctly, neuralgia of the stomach. My 'cup of cheer' had always been coffee or tea, but I became convinced, after a time, that they aggravated my stomach trouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.

"Next day it came, but the cook made the mistake of not boiling it sufficiently, and we did not like it much. This was, however, soon remedied, and now we like it so much that we will never change back. Postum, being a food beverage instead of a drug, has been the means of banishing my stomach trouble, I verily believe, for I am a well man to-day and have used no medicine.

"My work as chief bookkeeper in our Co.'s branch house here is of a very confining nature. During my coffee-drinking days I was subject to nervousness and 'the blues.' These have left me since I began using Postum, and I can conscientiously recommend it to those whose work confines them to long hours of severe mental exertion." Name given by Canadian Postum Co., Windsor, Ont.

"There's a reason," and it is explained in 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.

And a baby would rather go to sleep than listen to a lullaby.

Batch—"Has your wife a motto?" Hatch—"Yes. Her motto is 'Never put off till to-morrow what you can say to-day!'"

WHY

J-R BLUE

IS THE BEST FOR YOU.

BECAUSE

It keeps your "White Clothes" looking just like New.
It does not Spot or Streak the clothes as there is no settling.
It is the "Handiest Kind" to use.
It is Guaranteed to give Perfect Satisfaction or money Cheerfully Refunded.

LISTEN!

"J-R Blue is much better than any other." Miss Thomson, Belmont, Man.

"J-R Blue is an Excellent Blue. Superior to other Blues." Mrs. Frank J. Moore, Conn, Ont.

"J-R Blue is the best Blue I ever used." Mrs. W. Switzer, Brandon, Man.

TRY IT, and Prove it for Yourself.

A 10 cent package lasts about 6 months, as it blues 25 Good Size Washings

Manufactured by The Johnson-Richardson Co. Limited, Montreal, Can.

Quality Butter

That's the kind you make with Maxwell's "Favorite" Churn.—

Maxwell's "Favorite" is used all over the world—in Denmark, the butter country of the world—in the United States, in spite of high tariffs—and in every Section of Canada. Our Agricultural Colleges and Govt. Inspectors recommend it, because it is the finest butter-maker in the world.

Write for catalogue if your dealer does not handle it.

DAVID MAXWELL & SONS, ST. MARY'S, ONT. 94

We own and offer at 100 and interest, to yield 6%

$750,000

THE Harris Abattoir Company LIMITED

TORONTO

6%

FIRST MORTGAGE FIFTEEN YEAR SINKING FUND GOLD BONDS

Dated 1st February, 1913 **Due 1st February, 1928**

Interest payable 1st February and August

Principal and interest payable at The Canadian Bank of Commerce, Toronto, Montreal and London, England.

Redeemable at maturity at par and subject to call as a whole at 105 and accrued interest on the 1st February, 1916, or any interest date thereafter, on six weeks' prior notice, or annually for sinking fund drawings, beginning February 1st, 1914.

Denominations: $100, $500 and $1,000
with Sterling equivalents

Bonds issued in coupon form with privilege of registration of principal and in fully registered form. Coupon and registered bonds are interchangeable.

TRUSTEE:
NATIONAL TRUST COMPANY, LIMITED, TORONTO

The legal opinion of Messrs. Blake, Lash, Anglin & Cassels, Toronto, will be furnished.

ASSETS—Value of assets $2,022,671—consisting of land, buildings, machinery and equipment $1,017,990, investments $444,300, and net current assets, in excess of current liabilities, $560,380.

EARNINGS—Average annual net earnings for four and three-quarter years, March 31, 1908, to December 1, 1912, $158,783, or over 3½ times the interest on bonds now issued.

SINKING FUND—An annual sinking fund, beginning February 1st, 1914, sufficient to retire the present issue by maturity at 105 and interest.

The Harris Abattoir Company, Limited, distributes its products, principally fresh meats, through its branch houses—St. Lawrence Market, Toronto, Sudbury and Haileybury in Ontario; Montreal and Quebec City in Quebec, and Sydney and Glace Bay in Nova Scotia. By-products, such as Hides, Wool, Bones, Tallow and Oleo Oil are distributed very widely over Canada, the United States and Europe.

The Company has buildings now under construction at the Union Stock Yards, West Toronto, which, when completed, will be one of the most modern packing plants in Canada. They consist of a group of six buildings, mostly of concrete construction and fireproof.

The Management of the Company is in most capable hands. Mr. James Harris and Mr. W. T. Harris have from its inception acted as Managing Director and Sales Manager respectively, while Mr. J. S. McLean, Secretary-Treasurer, has held that position since 1903. There has been no change since then in the personnel of the Stockholders, Directors or Management of the Company. Nearly all the heads of departments have been associated with the enterprise for many years.

Copies of the Trust Deed and of the appraisal certificates may be seen at our offices.
Interim Certificates will be furnished pending delivery of definitive bonds.

DESCRIPTIVE CIRCULAR ON REQUEST

PRICE: 100 AND INTEREST, TO YIELD 6%

DOMINION SECURITIES CORPORATION LIMITED

ESTABLISHED 1901

26 KING ST. EAST TORONTO — LONDON, ENG. — CANADA LIFE BLDG. MONTREAL

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

Port Coquitlam is being incorporated as a city.

Victoria is working for a great carnival week this summer.

Nanaimo is going to spend $37,500 on public school salaries this year.

Vancouver has three cases of suicide in the first part of last week.

Edmonton has a population of 61,000 and is preparing plans of a water supply for 100,000.

The ratepayers of Nanaimo are asked to vote the sum of $25,000 for motor-driven fire apparatus.

Seattle wants a British Consul, and has written to the Vancouver Board of Trade to ask help in getting one.

Over fifteen feet of snow has fallen in Revelstoke this winter and the streets are nearly buried.

The January fire loss in Victoria amounted to only $379, although nineteen alarms were responded to.

Nelson veterans celebrated the Surrender of Cronje on February 27. Col. Aylmer was present.

The People's Trust Company of Vancouver, is in liquidation, and Herbert Gockwood has been appointed receiver.

A special commissioner has been appointed by the B. C. Legislature to investigate the prices of production of coal.

January's building total for Vancouver reached the sum of $1,918,719. The Hudson Bay Stores is erecting a $900,000 building.

W. E. Burns, barrister, of Vancouver, has been appointed by the B. C. Government to conduct the inquiry into the coal situation.

The old "Iron Church" of St. John at Victoria, consecrated in 1860, is to be sold. Baroness Burdett Coutts presented it to Bishop Hills.

Deputations from New Westminster and Burnaby interviewed the Government in respect to hospital, school sewer and harbor work.

Savings Accounts Opened with this Company earn interest from date received to date withdrawn.

Interest is credited — JANUARY, APRIL, JULY and OCTOBER at the rate of

4%

Accounts may be opened by mail and are subject to cheque withdrawal. One Dollar opens an account.

The Union Trust Company, Limited

Temple Building, Cor. Bay and Richmond Sts., Toronto.

PAID UP CAPITAL AND RESERVE **$1,750,000**

Write for Booklet.